

THE  
**Queens Closet**  
**OPENED.**  
BEING

Incomparable Secrets in *Physick, Chyrurgery, Preserving, Candyng, and Cookery, &c.*

Which were Presented to the

**QUEEN**

By the most experienc'd Persons of the times,  
many whereof were had in Esteem when she  
pleased to descend to *private Recreations.*

*The Tenth Edition, Corrected, with many new and  
large Additions; together with Three exact Tables.*

*Vivit post Funera Virtus.*

L O N D O N,

Printed for *J. Philips* at the *Kings-Arms* in *St. Paul's Church-yard*, *H. Rhodes* at the *Star*, the corner of *Bridelane* in *Fleetstreet*, *J. Taylor* at the *Ship* in *St. Paul's Church-yard*, and *K. Benly* in *Covent-Garden.* MDCXCVIII.





TO THE  
Ingenious and Courteous  
READER.

Reader,

**I**T being at first the general Good which caused us to publish this useful and compleat piece, we could not chuse but for the same end give it a new Birth, especially when we heard that we had so well attained what we sought, in regard of the Benefit which so many have received from these, which we shall now rather call *Experiments* than *Receipts* contained therein. In short, we may say that it hath had a general reception, travelling up and down the Kingdoms, and like the good *Samaritan* giving Comfort to all it met; neither have we known of any that have bought it, who have not testified their high Esteem thereof. And indeed, how should it otherwise be, knowing out of what Laboratories it was produced? Nor is it without its Variety; here preserving the Fruits of the Earth with such a curious neatness, as if it would shew, that though Summer gave those pleasant  
A 3 Fruits,

## *The Preface.*

Fruits, yet that Art is able to make Winter richer than her self: or if this will not please, teaching you to furnish the Tables of Princes, with such a Grandezza as befits them. But as for the Physical part, what can be more noble than that which gives the Rich such an opportunity of spending upon good Works, while they succour the Poor, and give Comfort to them in their greatest Distresses. If we have given it too narrow a Praise (for too large an *Encomium*, I am sure, we cannot attribute to it, considering its true Value;) it is not what we intended, though we are glad to see its own high Deserts carrying it so much above the reach of a more than common Repute. 'Tis true, there may be some Faults, and those may justly cause us to be blamed; but now we hope your Ingenuity will the rather forgive us and them, and with more diligence seek to amend what is amiss; if not for our sakes, yet out of Charity to a Work which is so Charitable to your selves.

*Farewell,*

**W. M.**

The

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The Prescribers and Approvers  
of most of these Rare Receipts,  
their following Names are in se-  
veral Pages of this Book inserted  
and annexed to their own experi-  
enc'd Receipts.

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In this Table  $\left\{ \begin{array}{c} Pp \\ Qd \\ Cc \end{array} \right\}$  Directs  $\left\{ \begin{array}{c} Pearl of Pract. \\ Queens Delight \\ Compleat Cook.  
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THE

THE  
*QUEEN'S CABINET*  
Opened :

O R,  
The Pearl of Practice.

Accurate, Physical, and Chyrurgical  
RECEIPTS.

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*Dr. Butler's Preservative against the Plague.*

**T**Ake Wood-Sorrel and pick  
it from the stalk, and  
pound it very well in a  
stone Mortar, then take to  
every pound of beaten Sor-  
rel a pound of Sugar finely beaten, and two  
ounces of Mithridate, beat them very well  
together, and put them in pots for your use.  
Take

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Take every morning before and after the Infection for some time together of this Conserve as much as a Walnut.

*Dr. Butler's Cordial Water.*

**T**AKE Pimpernel, Carduus, Angelica, Scordium, Soabious, Dragon, and still these severally in a Rose-Still; and when you have a pint of the water of every of these sorts of Herbs, then mingle all these together very well, and dissolve it in half a pound of *Venice Treacle*, then still all these together, and mingle the stronger water with the small; six Spoonfuls of this Water made Blood warm, given to one sick of the Plague, driveth all Venom from the heart. It is excellent, so used, for the Small Pox, or for any pestilent Fever.

*Dr. Butler's purging Ale:*

**T**AKE of *Sarsaparilla* two ounces, of Polypody of the Oak and Sena, of each four ounces, Caraway-seed and Anniseed, of each half an ounce, Liquorish two ounces, Maidenhair and Agrimony of each one little handful, Scurvygrass half a bushel; beat all these grossly, and put them into a coarse Canvas-bag, and hang it into three gallons of strong Ale; when it is three days old drink it.

*Dr.*



*Physical and Chirurgical Receipts.* 3

*Dr. Giffords Amber Pills for a Consumption;*

**T**AKE of Venice Turpentine one ounce washed, and six grains of the powder of white Amber, mix them together, and set them in a clean pot upon Embers, and let it not stand too hot; to try whether it be enough, take a drop, and let it cool; if after it is cold it be stiff, and will not cleave to the finger, it is enough: Then take of the Powders of Pearl, White Amber, and Coral, of each a quantity, as a quarter of an ounce of the inner bark of an Oak, a quarter of an ounce of Cinnamon and Nurmegs, of each as much, and three ounces of hard white Sugar; make all these into a powder, and seeth them, and put the Pills into them; before you take them, you must be well purged, after which you must take three of the aforesaid Pills wrapped up in the powder, what else you will, and in the morning take the yolk of a new laid Egg warmed a little, and put into it as much of the Powder as will lye on a shilling, and sup it off; let this be used some time together, and there will be great benefit found by it.

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*To comfort the Heart and Spirits, and to suppress  
Melancholy.*

**T**ake of the juyces of Borage and Bugloss, of each one pint and a half, juyce of Pippins, or Queen Apples one pint, juyce of balm half a pint, clarify them, then take Cochenel made into powder four drams, infuse it in the said juyces being cold in an earthen pan for two days, stirring it often, then strain it, and with four pound of powder Sugar (or two pound if you mean not to keep it long) boyl it to a Syrup, then take it off, and when it is almost cold, put to it Diamargaritum Frigidum one dram and a half, Diambra four scruples. Take thereof a spoonful or two for many mornings together, and when you awake in the night, if there be cause; you may also add to some part of it Saffron to make it more Cordial, by putting some powder of Saffron in a linnen cloth tyed up, and so milking it out into a syrup, let the substance thereof remain in the cloth, and take thereof sometimes. *Approved.*

*Physicall and Chirurgical Receipts.* 5

*A Cordial Electuary for stuffing of the Stomach,  
or shortness of breath.*

**T**AKE a pint of the best Honey, set it on the fire, and scum it clean, then put to it a bundle of Hysop, bruised small before you tie it up; let it boyl well till the Honey taste of the Hysop, then strain out the Honey very hard, and put to it the powder of Angelica Roots, the weight of six-pence, powder of Elecampane root, the weight of six-pence, Ginger, and Pepper, of each the weight of two-pence, Liquorish and Aniseed of each the weight of eight-pence, all beaten very small severally; put all these into the strained Honey, and let them boyl a little space, stirring them well together all the time, then take them from the fire, and pour all into a clean gally-pot, stirring it always till it be through cold, and keep it close covered for your use. When any are troubled with stuffing at the stomach, or shortness of breath, let them take of this Electuary, with a bruised Liquorish stick, and they shall sensibly find much good by it. This was Queen *Elizabeths* Electuary for these Infirmities.

## 6 *The Pearl of Practice. Choice*

*Mr. Covets Medicine for the Palfie.*

**T**AKE a pint of the strongest Mustard, set it in an Oven for two or three times, till it be as thick as a hasty pudding, the Oven must not be too hot to burn it: Then set it on a chafindish of coles till it be dry enough to make into powder. Take half an ounce of Betony powder, and mix it with the said powder, and sweeten it with Sugar-candy to your taste. Take of this every morning for ten days. *Approved.*

*A Receipt to help Digestion.*

**T**AKE two quarts of small Ale, put to it red Mints one handful, as much of red Sage, a little Cinamon; let it boyl softly till half be wasted, sweeten it with Sugar to your taste, and drink thereof a draught Morning and Evening.

*A singular Cordial.*

**T**AKE two ounces of dried red Gilly-flowers, and put them into a pottle of Sack, put to it three ounces of fine Sugar in powder, and half a scruple of Ambergreece in powder; put all these in a stone bottle, stop

*Physical and Chirurgical Receipts. 7*

stop it close with a strong cork, and shake it oft. After it hath stood ten days, pass it through a Jelly bag, and give two or three spoonfuls of it for a great Cordial. This way you may also make Lavender Wine for the Palsie; and other Diseases.

*Dr. Bassa an Italian. An approved Receipt to break the Stone in the Kidneys.*

**I**N the Month of May distill Cowdung, then take two live Hares, and strangle them in their blood; then take the one of them, and put it into an earthen vessel or pot, and cover it well with a mortar made of Horsedung and Hay, and bake it in an Oven with household bread, and set it still in an Oven two or three days, baking it anew with any thing, untill the Hare be baked or dried to powder; then beat it well, and keep it for your use. The other Hare you must flea, and take out the guts only; then distill all the rest, and keep this water: Then take at the new and full of the Moon, or any other time, three mornings together as much of this powder as will lie on a sixpence, with two spoonfuls of each water, and it will break any Stone in the Kidneys.

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*Dr. Bassa's Remedy for a bloody Urine, or to  
Break a stone in the Bladder,*

**T**AKE the water of distilled Saxifrage, Coriander, Parsly, and cod of Broom when they be green, the Berries of white Thorn stilled when they be ripe; they must be stamped stones and all, and then distilled; the green hulls of Walnuts, when they be ripe stilled, Raisins of the Sun stilled; every one of these waters must be stilled by it self. Then take an equal quantity of each, as a pint of *Aqua spirita*; put them all together, and still them in an ordinary still, or in *B.* after scum the water nine or ten days; and take of this water for ten or fifteen days, five or six spoonfuls at a time in the morning fasting, and use to take it after a day or two once in a month.

*Syrup of Turnips.*

**F**irst bake the Turnips in a pot with household-bread, then press out the Liquor between two platters; put a pint of this Liquor to half a pint of Hyssop-water, and as much brown Sugar-candy as will sweeten it; and boyl it to the consistence of a Syrup. It is very good for a Cold or Consumption.

*Syrup*

*Physicall and Chirurgical Receipts.* 9

*Syrup of Citron peels.*

**T**AKE the outermost fresh peels of Citron cut in small pieces, and pour on them two quarts of Water, then wring it through a cloth; put to the Liquor one pound of powder Sugar, boyl it to a Syrup, and when it is sodden, put four grains of Musk to it, dissolved in Damask Rose-water. This Syrup cooleth not. It defendeth from the Plague.

*A Cordial Syrup to cleanse the blood, open Obstructions, preveyns a Consumption, &c.*

**T**AKE Rosemary flowers, Betony, Clove-gilly-flowers, Borrage, Broom, Cow-slip flowers, red Rose leaves, Melilot, Comfrey, Clary, Pimpernel-flowers, of each two ounces, red Currants four pounds; infuse all these into six quarts of Claret Wine, put to it fourteen pound of ripe Elder-berries, make the wine scalding hot, then put in the flowers, Currants, and Elder-berries, cover the pot, and paste it very close, set it in a Kettle of warm water to infuse forty eight hours, till the vertue of the ingredients be all drawn out, then press it out hard, and put to every pint of liquor one pound and three quarters

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of powder sugar, boyl and scum it till you find the syrup thick enough; when it is cold, bottle it, and keep it for your use. Take two spoonfuls in a morning, and so much in the afternoon, fasting two hours after it.

*A Medicine for a Dropsie, approved by the Lady Hobby, who was cured her self by it.*

**T**Ake Caraways, Smallage, Thyme, Hyssop, Watercresses, Pennyroyal, Nettle tops, Calamint, Elecampane roots, of each one little handful, Horse-radish two pounds, boyl them in six quarts of running water, until half be consumed: Then strain it, boyl it a new with a pottle of Canary Sack, Liquorish twelve ounces, sweet Fennel-seed one ounce bruised, and a quarter of an ounce of Cummin-seed bruised; boyl all these above half an hour, then strain it, and keep it for your use, nine spoonfuls in the morning fasting, and as much at three or four a clock in the afternoon, use it for some time together. This the Lady Hobby proved by her self.

*Dr. Adrian Gilberts most Sovereign Cordial Water.*

**T**Ake Spearmint, Broom-mint, Mother of Thyme, the blossom tops of Garden-Thyme,



*Physicall and Chirurgical Receipts.* 11

Thyme, red Penny-royal, Scabious, Celandine, Wood sorrel, Wood-betony, Angelica-leaves and stalks, Set-Wall-leaves, Peony leaves, Egrimony, Tormentil, sweet Marjoram, red Sage, Rue, Rosafolis, Angelica-roots, Elecampane-roots, Set-Wall-roots, green Pennyroyal, Comfrey blossoms and leaves, Juniper-berries, of each a pound; Balm, Carduus Benedictus, Dragon, Feaverfew, Wormwood, of each two pounds; steep all these in the lees of strong pure venient Clarret wine for nine days, every day twice turning, then to mingle them well in the Lees, then distill them in a Limbeck with a read clear head, with two pound of shaved Harts-horn, and Ivory, twelve ounces; draw as long of it as you may in several pottle glasses: The first is accounted the best and uncompounded, and the perfectest against the Plague, spotted Fevers and small Pox, ordinary Fevers, divers times experienced by my self, either to prevent, or in the time of these sicknesses. If you will compound it because the water hath an ill tast, then take the first gallon of the water and mix it with a pottle of the best Malaga Sack, and put into them three pounds of Raisins solis stoned, Figs one pound and a half, the flowers of Clovegilly-flowers, Cowslips and Marigolds, blue Violets, of each

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two pound, red Rose buds one pound, Ambergreece, Bezoar stone, clarified Sugar, Aniseeds, Liquorish, and what else you please.

These are *Adrian Gilberts* Receipts, having had experience of them most constantly sure. The uncompounded Water is the more excellent: And if in time of infection one take two sponfuls of it in good Beer or white-Wine he may safely walk from danger by the leave of God. If any of the former Diseases attach any person, then he must take four ounces of the first water, and mix therewith either Syrups of Violets, Clove-gilly-flowers, or Angelica, as the Diseases is: One spoonful of the Syrup is sufficient for four ounces of the water. So take it three times.

*For a swoln face.*

**T**AKE Oyl of Elder and Plaintain water, of each one ounce, beat them well together, until they be exactly incorporated, and therewith anoint the tumified place twice or thrice in a day until the swelling be chased away.

*Cock-water for a Consumption.*

**T**AKE a running Cock, pull him alive, then kill him, cut him abroad by the back,

*Physical and Chirurgical Receipts.* 13

back, take out the entrails and wipe him clean, then quarter him and break his bones, then put him into a Rose-water still with a pottle of Sack, Currants, and Raisins of the Sun stoned, and figs sliced, of each one pound, Dates stoned, and cut small half a pound, Rosemary flowers, wild Time, Spearmint of each one handful, Organs or wild Marjoram, Bugeloss, Pimpinell, of each two handfuls, and a pottle of new milk from a red Cow, Distill these with a soft fire, put into the Receiver a quarter of a pound of brown Sugarcandy beaten small, four grains of Amber-greece, forty grains of prepared Pearl, and half a book of leaf gold cut very small; you must mingle the strong water with the small, and let the Patient take two spoonfuls of it in the morning, and as much at going to bed.

*A precious Cordial for a sick Body.*

**T**AKE three spoonfuls of Mint-water, and as much of Muscadine, and worm-wood water; two or three spoonfuls of fine Sugar, and two or three drops of Cinnamon spirit; beat these well together with two or three spoonfuls of Clove-gilly-flowers spirit, and give the Patient now and then one spoonful

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ful thereof ; especially when he or she go-  
eth to bed.

*Worm wood Cakes good for a cold stomach, and  
to help Digestion.*

**T**AKE pure searced Sugar two ounces,  
and wet it with the Spirit of Worm-  
wood ; then take a little Gum Tragacanth,  
and steep it all night in Rose-water, then  
take some of this and the wet Sugar and  
beat them together in an Alabaster Mortar  
till it come to a paste like dough, if you  
please put a little Musk to it, then make it  
up in little cakes of the breadth of a groat or  
three-pence ; lay them upon plates, and dry  
them gently in an Oven, and keep them in a  
dry place for your use : And upon occasion  
hold one of them in your mouth to melt,  
and swallow the dissolved juyce thereof for the  
infirmities aforesaid.

*To make water of life.*

**T**AKE Balm-leaves and stalks, Burnet-  
leaves and flowers, Rose mary, red  
Sage, Taragon, Tormentil-leaves, Rosa solis,  
red Roses, Carnation, Hysop, Thyme, red  
strings that grow upon Savory, red Fennel-  
leaves

*Phyſical and Chirurgical Receipts.* 15

leaves and ~~roots~~ roots, red Mint, of each one handful; bruise theſe Herbs and put them in a great earthen pot, and pour on them as much white-wine as will cover them, ſtop them cloſe, and let them ſteep for eight or nine days, then put to it Cinnaſon, Ginger, Angelica ſeeds, Cloves and Nutmegs, of each one ounce, a little Saffron, Sugar one pound, Raiſins *Solis* ſtoned one pound, Dates ſtoned and ſliced half a pound, the loins and legs of an old Coney, a fleſhy running Capon, the red fleſh of the ſinews of a Leg of Mutton, four young Chickens, twelve Larks, the yolks of twelve Eggs, a loaf of white bread cut in ſops, and two or three ounces of Miſtridate or Treacle, and as much Baſtard or Muſcadine as will cover them all, diſtill all with a moderate fire and keep the firſt and ſecond waters by themſelves; and when there comes no more by diſtilling, put more Wine into the Pot upon the ſame ſtuff and diſtill it again and you ſhall have another good water. This water muſt be kept in a double glaſs cloſe ſtopped very carefully. It is good againſt many infirmities, as the Dropſie, Paſſie, Ague, Sweating, Spleen, Worms, Yellow and Black Jaundies; it ſtrengthneth the Spirits, Brain, Heart, Liver and ſtomach. Take two or three ſpoonſuls when need is by it  
ſelf

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self: Or with Ale Beer, or Wine mingled,  
with Sugar.

*Dr. Atkinson his excellent perfume against the  
Plague.*

**T**Ake Angelica roots and dry them a very  
little in an Oven, or by the fire and  
then bruise them very soft, and lay them in  
Wine-Vinegar to steep, being close covered  
three or four days, and then heat a brick hot  
and lay the same thereon every morning, this  
is excellent to air the house or any cloaths,  
or to breath over in the morning fasting.

*To make a Saffron water.*

**T**Ake seven quarts of white-wine, and  
infuse in it all night one ounce of  
Saffron dried, and in the morning distill it  
in a Limbeck or glass body with a head, and  
put some white Sugarcandy finely beaten in-  
to the receiver for it to drop on.

*Mr. Stepkin's Water for the Eyes.*

**T**Ake four ounces of white Rose-water,  
and two drams of Tutia, in powder,  
shake them well together in a glass vial, and  
drop it a little into the eyes evening and  
morning it is very good for any hot Rheum.

A

*Physical and Chirurgical Receipts.* 17

*A precious water to revive the Spirits.*

**T**Ake four Gallons of strong Ale, five ounces of Annise-seeds. Liquorish scraped, half a pound, sweet Mint, Angelica, Betony, Cow slip flowers, Sage, and Rosemary flowers, sweet Marjoram, of each three handfuls, Pelitory of the wall one handful. After it is for two or three days, distill it in a Limbeck, and in the water infuse one handful of the flowers aforesaid, Cinamon and Fennel seed, of each half an ounce, Juniper berries, bruised one dram, Red Rosebuds, roasted Apples and Dates sliced and stoned, of each half a pound: Distill it again and sweeten it with some Sugar-Candy, and take of Amber-greece, Pearl, red Coral, Harts-Horn powdered, and leaf-gold, of each half a dram; put them into a fine linen bag, and hang it by a thread in a glasse.

*The Bishop of Worcesters admirably curing Powder.*

**T**Ake black tips of Crabs claws when the Sun enters into *Cancer*, which is every year on the eleventh day of *June*; pick and wash them clean, and beat them into fine powder, which finely searce, then take Musk and Civit, of each three grains, Amber;

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ber-greece twelve grains, rub them in the bottom of the Mortar, and then beat them and the powder of the Claws together; then with a pound of this powder mix one ounce of the magistery of Pearl. Then take ten skins of Adders, or Snakes, or Slow-worms, cut them in pieces, and put them into a pipkin to a pint and a half of Spring-water, cover it close, and set it on a gentle fire to simmer only, not to boyl; for ten or twelve hours, in which time it will be turned into a Jelly, and therewith make the said powder into balls. If such skins are not to be gotten, then take six ounces of shaved Harts-horn, and boyl it to a jelly, and therewith make the said powder into balls; the horn must be of a red Deer killed in *August*, when the Moon is in *Leo*, for that is best. The Dose is seven or eight grains in beer or wine.

*To make Spirit of Castoreum.*

**T**Ake Calamintz, four ounces, Orange-peels two ounces, Nep half a handful, Walnut-blossoms half an ounce, Rose-mary flowers and tops of Sage, of each one handful, Castoreum one ounce, White-wine one quant; distill them in a Limbeck. This  
water



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water is good for swoounding fits, weak stomachs and rising of the Mother.

*A water for the Stone.*

**T**ake a quart of clean pick'd Strawberries, put them in a glass, pour on them a quart of Aquavita, let them stand and steep; and take two or three spoonfuls of it morning, and evening with fine Sugar, or white-Sugar-candy. It will keep all the year.  
*Approved.*

*To make Doctor Stephen's Water.*

**T**ake a Gallon of Clarret-wine or Sack, Cinamon, Ginger, Grains of Paradise, Galingale, Nutmegs, Annise-seed and Fennel seed, of each three drams. Sage, Mint, red Roses, Pelitory of the Wall, Wild Marjoram, Rosemary, Wild Time, Camomile Lavenders, of each one handful: Bruise the said spices small, cut and bruise the Herbs and put all into the Wine in a Limbeck, and after it hath stood twenty four hours, distill it gently, and keep the first water by it self and so the second.

*For a Tettar.*

**T**ake water of red Tar, and wash it therewith. This is an approved remedy.

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*A Special Water for a Consumption.*

**T**AKE a peck of Garden shell Snails, wash them in small Beer, put them into a great Iron dripping pan and set them on the hot fire of Char-coals, and keep them constantly stirring till they make no noise at all; then with a knife and cloath pick them out, and wipe them clean, then bruise them in a stone mortar shells and all, then take a quart of Earth-worms, rip them up with a knife, and scour them with salt, and wash them clean, and beat them in the Morter, then take a large clean brass pot to distill them in, put into it two handfuls of Angelica, on them lay two handfuls of Celandine, a quart of Rosemary flowers, Betony and Agrimony, of each two handfuls, Bears foot, red dock leaves, the bark of Barberries and wood-sorrel, of each one handful, Rice half a handful, Fenugreek and Turmerick, of each one ounce, Saffron dryed and beaten into powder the weight of six pence, Hearts-horn and Cloves beaten, of each three ounces; when all these are in the pot, put the Snails and Worms upon them, and then pour on them three gallons of strong Ale; then set on the Limbeck, and  
past

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past it close with Rye dough, that no Air come out or get in, and so let it stand one and twenty hours, and distill it with a moderate fire, and receive the several quarts in several glasses close stoppt. The patient must take every morning fasting; and not sleep after it, two spoonfuls of the strongest water, and four spoonfuls of the weakest at one time fasting two hours after it.

*Syrup of Pearmains good against Melancholy.*

**T**AKE one Pound of the juyce of Pearmains, boyl it with a soft fire till half be consumed; then put it in a glass, and there let it stand till it be settled, and put to it as much of the juyce of the leaves and roots of Borrage, Sugar half a pound, Syrup of Citrons three ounces, let them boyl together to the consistence of a Syrup.

*Tincture of Amber-greece.*

**P**UT into halt a pint of pure spirit of Wine in a strong glass, Amber-greece, one ounce, Musk two drams, stop the glass close with a cork and bladder, and set it in hot horse-dug twelve days; then pour off the spirit gently, and put as much new spirit on, and do as before, and pour it off clean:  
after

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after all this the Amber-greece will serve for ordinary uses. One drop of this Tincture will perfume any thing, besides it is a great Cordial.

*Doctor Price and Mr. Fenton the Chirurgions,  
their excellent Medicine for the Plague after  
Infection.*

**T**AKE as soon as you find your self sick, as much diascordium, as the weight of a shilling, with ten grains of the Powder called *Species de gemmis*, well mingled together; and strait after this let the party drink a good draught of hot posset Ale made with Carduus Benedictus, Sorrel, Scabiosa, and Scordium, within eight hours after the first taking of it, the party must take the Diascordium and Posset again as aforesaid, and in like sort the third time within eight hours after, but none above three times, nor the third time, if the party mend after the first or second taking, Doctor Price doth commend much thereof to be taken for the kind of cure for the Plague after one is infected: and Mr. Fenton the excellent Chirur-gion, who hath much experience in the cure of the Plague, doth highly commend it as a thing in his own experience proved very good.  
The

*Physical and Chirurgical Receipts. 23*

The use of a root called Sedour is to be chewed in the mouth, still when one is in the company of such persons as are thought to be infected with the contagion: This root is to be bought at the Apothecaries.

*A Drink for the Plague or Pestilent Fever, proved by the the Countess of Arundel, in the Year, 1603.*

**T**AKE a pint of Malmsey, and burn it, and put thereto a spoonful of grains, being bruised, and take four spoonfuls of the same in a Porringer, and put therein a spoonful of Jean Treacle, and give the Patient to drink as hot as he can suffer it, and let him drink a draught of the Malmsey after it, and so sweat: If he be vehemently infected he will bring the Medicine up again; but you must apply the same very often day and night till he brook it; for so long as he doth bring it up again there is danger of him: but if he once brook it, there is no doubt of his recovery by the Grace of God: provided then when the party infected hath taken the aforesaid Medicine and sweateth, if he bring it up again then you must give him the aforesaid quantity of Malmsey and grains, but no Treacle, for it will be too hot

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hot for him, being in a sweat. This Medicine is proved, and the party hath recovered, and the sheets have been found full of blew marks, and no sore hath come forth; this being taken in the beginning of the sickness. Also this medicine saved thirty eight Commons of *Windsor* the last great Plague, 1593. was proved upon many poor people, and they recovered,

*A Syrup for a Cold.*

**T**AKE Pennyroyal half an ounce, Raisins of the Sun stoned one ounce, half so much Liquorish bruised, boyl them in a pint of running water, till half be consumed; then strain it out hard, and with Sugar boyl it to a pretty thick Syrup, and take it with a Liquorish stick. *Oftn proved.*

*An excellent Receipt for a precious Water.*

**T**AKE a pottle of the second water of Aqua Composita, of the wall, sweet Marjoram the flowers of Cowslip, Rosemary and Sage, of each one handful, the seeds of Annise, Caraway, Coriander, Fennel, and Gromel and Juniper berries of each one spoonful, three or four Nutmegs, Cinna-  
mon

*Physical and Chirurgical Receipts. 25*

mon one ounce, two or three large Maces ;  
bruite all these, and let them lye ten days in  
steep in the Aqua Compōsita ; set the Glass  
in the Sun and stirr it well every morning,  
then strain it and put to it three quarters of  
a pound of fine Sugar, one grain of Amber-  
greece, and two grains of Musk.

*To make an excellent Syrup of Citrons or Lemons  
without fire.*

**T**Ake Citrons or Lemons, as many as you  
will, pare off their rinds, then slice  
them very thin ; then put into a silver or  
glass bason, a thick lay of fine Sugar, and  
upon the slices of Citron or Lemons, and lay  
after it a lay of Sugar, and the other till  
the bason be near full, let it stand all night  
covered with a paper, the next day pour off  
the liquor into a glass through a Tiffany  
strainer ; be sure you put Sugar enough to  
them at the first, and it will keep a whole  
year good if it be set well up.

*A Salve for the Eyes made by Sir Edward  
Spencer.*

**T**Ake new Hogs grease tryed and clarified  
two ounces, steep it six hours in red  
Rose water, after wash it in the best white-  
wine,

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wine, wherein Lapis Calaminaris hath been twelve times quenched: it will take a pottle of white-wine, for the Lapis Calaminaris will waste it by often quenching, a piece of the Lapis as big as a Turkey Egg will serve; when the grasse is well washed, add to it one ounce of Lapis Tutia prepared, of Lapis Hematites well washed, two scruples, Aloes Succortina, twelve grains, Pearl four grains, all these must be prepared and made into fine powder, put to it some red Fennel-water, and make it into Salve. If the eyes be very ill, put into each corner of them, as much as a pins head of this Salve; and if the eyes be exceeding sore, anoint therewith only the eye lids. As the Salve dryeth put to it red Fennel-water to keep it moist.

*For the small Pox or Measels.*

**T**Ake an ounce of Treacle, half an ounce of setwall cut small, a penny worth of Saffron ground small; mix them, and take thereof in a morning upon a knifes point as much as you can take up at twice or thrice three mornings together.



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*A very good Glyſter for the Wind.*

**T**AKE Mallow-leaves, Camomile, Mercury, Pelitory of the wall, Mugwort and Peniroyal, of each a ſmall handful, Melilot and Camomile flowers, of each half a handful, of the ſeeds of Annife, Caraway Cummin and Fennel, of each one quarter of an ounce, Barberries and Juniper berries, of each three drams; boyl all theſe in three pints of clear poſſet ale to twelve ounces and uſe it warm.

*The Kings Medicine for the Plague.*

**T**AKE a little handful of Herb grace, as much of Sage, the like quantity of Elder leaves, as much of red bramble leaves, ſtamp them together, and ſtrain them through a fair linnen cloath, with a quart of white-wine, and a quantity of white wine Vinegar, and a quantity of white Ginger, and mingle all together; after the firſt day you ſhall be ſafe four and twenty days: after the ninth day a whole year by the grace of God; and if it fortune that one be ſtruck-en with the Plague before he hath drunk the Medicine, then take the aforeſaid with a ſpoonful of Scabioſa, and a ſpoonful of Bet-

C

teny

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tony water, and a quantity of fine Treacle, and put them together, and cause the Patient to drink it, and it will put out all venome, and if it fortune that the botch appear, take the leaves of red Brambles, Elder leaves, and Mustard-seeds, stamp them together, and make a plaister thereof, and lay it to the sore, and it will draw out all the venome, and the person shall be whole by the grace of God.

*A Medicine for the Plague which the Lord Mayor had from the Queen.*

**T**Ake of Sage, Elder, and red Bramble leaves, of each one little handful; stamp and strain them together through a cloath with a quart of White-wine, then take a quantity of White-wine-vinegar, and mingle them together; and drink thereof morning and night a spoonful at a time nine days together and you shall be whole. There is no medicine more excellent than this, when the sore doth appear, then to take a Cock-chick and pull it; and let the Rump be bare, and hold the Rump of the said Chick to the sore, and it will gape and labour for life, and in the end die; then take another, and the third, and so long as any one do dye; for  
when

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when the Poyson is quite drawn out, the Chick will live, the sore presently will aswage, and the party recover. Mr. *Winlour* proved this upon one of his own Children; the thirteenth Chick dyed, the fourteen lived, and the party cured.

*Lord Treasurers Receipts for an Ague.*

**T**ake a quantity of Plaintain, shred it, and double distill it, and take six or eight spoonfuls of the water, with as much Borage-water, with a little Sugar, and one Nutmeg; and drink it warm in the cold fit, by Gods help it will cure you.

*For Rheum in the Eyes.*

**T**ake one spoonful of Cumminseed finely beaten, and boyl it in Verjuce till half be consumed, put to it some course wheat bran; and boyl it till it be dry, then put it in a small linnen bag, and lay it to the nape of the neck so hot as you can endure it, and it will draw the Rheum away.

*To break the Stone and bring away the Gravel.*

**T**ake the inner bark of a red Filbert-tree and shave a good handful of it and take as much Saxifrage, and steep them in a quart of Ale or White-wine, and

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drink a good draught thereof nine mornings  
together fasting.

*A Cordial Water in the time of infection, by  
Sir Thomas Mayner.*

**T**Ake the juyce of green Walnuts shells  
and all two pound, the juyces of  
Balm, Carduus Benedictus, and Ma-  
rigolds, of each three pound, Roots of great  
Docks half a pound, Butchers broom roots  
in all, three quarters of a pound, Angelica  
and Master-wort, of each three ounces,  
Scordium leaves two handfuls, Treacle Ve-  
nice and Mithridate, of each four ounces,  
Canary Wine three pints, juyce of Lemons  
one pint, digest this in a glasse body two  
days close stopt, then put on a glasse head and  
distill it, and when it is half distilled strain  
that which is left in the glasse, through a lin-  
nen cloath, and distill it till it grow thick  
as honey, which put into a gally pot, and  
give some of it in the time of Infection on  
a knives point. The distilled water is also  
good for the same purpose.

*China broth for a Consumption.*

**T**Ake an ounce of China root chipped  
thin, and steep it in three pints of  
water all night on embres covered,  
the

*Phyſical and Chirurgical Receipts. 31*

the next day take a Cock chicken deplumed and exenterated, and put in its belly Agrimony, Maiden-hair, of each half a handful, Raiſins of the Sun ſtoned on good handful, and as much French barley; boyl all theſe in a pipkin cloſe covered on a gentle fire for ſix or ſeven hours, let it ſtand till it be cold, ſtrain it, or let it run through an Hypocras bag, and keep it in a glaſs for your uſe. Take a good draught of it in the morning, and at four a clock in the afternoon.

*A comfortable bag for the ſtomach.*

**T**Ake Balm, Worm-wood, Roſemary, Sparminis, Sweet Marjoram, Winter-favory of each half a handful, dry them between two diſhes on a Chafing diſh of coals, ſprinkling them often with good Vinegar, when they are well dryed put to them ſome crumbs of bread; Cloves, Cinnamon, and Nutmeg beaten to powder; put them in a fine linnen bag, quilt it, and lay it warm to the ſtomach.

*To increaſe Womens Milk.*

**B**Ruiſe Fennel ſeed and boyl them in barley water, and let the Woman drink thereof often.

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*To expell Wind.*

**T**Ake a handful of Groundswel stripped downwards, as much of Sage, and a quarter of a pound of Currans ; boyl these in a pint of Ale, and drink it.

*For the Piles.*

**T**Ake white Lead finely scraped, one dram, burnt-Allum two drams, temper them with Hoggs-lard, and Plantain-water, and therewith anoint the grieved place.

*For a Thrush, or Canker in the Mouth.*

**T**Ake two spoonfuls of clarified honey, and put a piece of Allum between red hot tongs, and hold it till it drop into the Honey, and therewith dress the mouth often, until it be perfectly cured.

*A green Oyntment good for bruises, Swellings, and Wrenches in Man, Horse, or other Beasts.*

**T**Ake six pound of May-Butter unsalted, Oyl of Olive one quart, Barrows grease four pound, Rosin, and Turpentine, of each one pound, Frankincense half a pound : then take these following herbs,  
of

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of each one handful : Balm, Smallage, Lovage, red Sage, Lavender Cotton, Marjoram, Roſe-mary, Mallows, Camomile, Plantain, All-heal, Chick-weed, Rue, Parsley, Comfrey, Laurel-leaves, Birch-leaves, Long-wort ; English Tobacco, Ground-swell, Wound-wort, Agrimony, Briony, Carduus Benedictus, Betony, Adders tongue, Saint Johns-wort ; pick all theſe, waſh them clean, and ſtrain the water clean from them. Theſe herbs muſt be gathered after Sun riſing. Stampt them very ſmall in a ſtone Mortar, then beat the Roſin and Frankincenſe to powder, and melt them alone ; then put in the Oyl, Butter, and Hoggs-greafe, and when all is well melted, put in the Herbs, and let them boyl half a quarter of an hour, then take it off the fire, and ſcum it very clean a quarter of an hour, and when it is off the fire, put in the Turpentine, and two ounces of Verdigreafe, ſtir it well, or elſe it will run over, and ſo ſtir it till it leave boyling ; then put it in an earthen por, which ſtop very cloſe with a cloath, and a board on the top, and ſet it in an horſe dunghill one and twenty days ; and take it out and put it into a Kettle, and let it boyl a little taking heed that it boyl not over, then ſtrain it through a courſe cloath,

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and put to it half a pound of Oyl of Spike. and cover the top close till you use it. When you have any occasion to use it, warm it a little for a cold cause, and anoint the place grieved. Mix this Oyl with the like quantity of the Oyl of Bayes, when it is for a Malender in a Horse, to dry Itch in a Horse or Mare; then take Quicksilver, and beat it often with fasting spittle till it be killed and look black, and take a quart of Comfrey to the quantity of Quicksilver, to which put thrice so much of the said Oyl, beat all well together, and use it. For a Man it must be well chafed in the Palm of the hand three or four times. If you use it for a Horse, put to it Brimstone finely beaten, and work it altogether as aforesaid.

*An excellent Searcloth for a Wound, Bruise, or Ache.*

**T**Ake a pint of Oyl of Olive, four ounces of Unguentum Populeon, the Oyls of Camomile and Roses, of each one ounce, Virgins wax three ounces, red Lead in powder eight ounces; boyl these together, continually stirring them, till they will stick to a cloath, which is enough, then wet your cloaths in them, and hang them up to dry. The best time to make it is in *March.* *Do.*



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*Doctor Reads Perfume to smell against the Plague.*

**F**irst take half a pint of red Rose-water and put thereto the quantity of a hazel nut of Venice-Treacle or Mithridate, stirring them together till they be well infused, then put thereto a quarter of an ounce of Cinnamon broken into small pieces, and bruised in a Mortar, twelve Cloves bruised, the quantity of an hazel nut of Angelica root sliced very thin, as much of set wall roots sliced, three or four spoonfuls of white-wine Vinegar; so put them all together in a glass, and stop it very close, and shake it two or three times a day together, so keep it to your use; when you wet the sponge, shake the glass: In the Winter you may put to it three or four spoonfuls of Cinnamon water or Sack.

*A Perfume against the Plegue.*

**D**ivers good Physitians opinions are, that to burn Tar every morning in a chafing dish of coals is most excellent against the Plague; also put in a little Wine-Vinegar to the Tar. It is most excellent and approved.

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*Sir Edward Tertils Salve, called the chief of all Salves.*

**T**AKE Rosin eight ounces, Virgins Wax and Frankincense, of each four ounces, Mastick one ounce, Harts suet four ounces, Camphire two Drams, beat the Rosin, Mastick and Frankincense in a Mortar together to fine powder; then melt the Rosin and Wax together, then put in the powders: And when they are well melted strain it through a cloath into a pottle of white Wine, and boyl it together till it be somewhat thick; then let it cool, and put in the Camphire and four ounces of Venice Turpentine drop by drop, lest it clumper, stirring it continually, then make it up into Rolls, and do with it to the pleasure of God, and health of man.

*The Vertues and use of it.*

1. **I**T is good for all wounds and sores old or new, in any place.

2. It cleanseth all Festers in the flesh, and heals more in nine days than other salves cure in a month.

3. It suffers no dead flesh to ingender or abide where it comes.

4. It cureth the Head-ach, rubbing the Temples therewith.

5. It cureth a salt steame Face.

6. It

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6. It helpeth Sinews that grow stiff, or spring with labour or wax dry for want of blood.

7. It draweth out rusty Iron, Arrow heads, Stubs, Splints, Thorns, or whatsoever is fixed in the flesh or Wound.

8. It cureth the biting of a mad Dog, or pricking of any venomous creatures.

9. It cureth all Felons, or white flaws.

10. It is good for all festering Cankers.

11. It helpeth all Aches of the Liver, Spleen, Kidneys, Back, Sides, Arms or Legs.

12. It cureth Biles, Blanes, Botches, Imposthumes, Swellings, and Tumors in any part of the body.

13. It helpeth all aches and pains of the Genitors in Man or Woman:

14. It cureth Scab, Itch, Wrenches, Sprains, Strains, Gouts, Paulsies, Dropsies, and waters between the flesh and skin.

15. It healeth the Hemorrhoids or Piles in Man or Woman.

16. It cureth the bloody Flux, if the belly be anointed therewith.

17. Make a Search-cloth thereof to heal all the abovesaid Maladies with very many other, which for brevity sake are omitted.

*A restorative Broth.*

**T**ake a young Cock or Capon, flea it, and cut it in four quarters, take out the

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the bones, and chop the flesh somewhat small, put it in an earthen pot of three quarts, with a close cover, and pour on it a quart of good red wine, and a pint of red Rose-water; and put to one handful of Currants, ten Dates stoned and cut small, of Rosemary flowers or leaves, and Borage, of each half a handful, then close on the cover of the Pot very fast, and set the said Pot in a big brass pot of water, and let it boyl five or six hours, taking heed that the water in the brass pot get not into the other pot: when it is well boyled, let it cool leisurely, in the brass pot, and then bruse all with a ladel and strain out the liquor, whereof take morning and evening four or five spoonfuls blood warm.

*For the Piles.*

**T**Ake one spoonful of white Dogs turd as much white Frankincense, and twenty four grains of Aloes, beat them fine and searce them, then take one spoonful of honey, the yolk of an Egg, and as much Oyl of Roses as will make it an oyntment, mingle them well together and anoynt the grieved place; if the sore be inward, wet a tent of lint in the Oyntment, and put it into the Fundament, and spread  
some

*Physical and Chirurgical Receipts. 39*

some of the Oyntments on a cloath, and put that on it. This is a present Remedy.

*For a sore Throat.*

**M**Ingle burnt Allum, the yolk of an Egg, powder of white dogs turd, and some Honey together; tye a clout on the end of a stick wet in this mixture, and therewith rub the Throat: or mix white Dogs turd and Honey, and spread it on sheeps leather, and apply it to the Throat.

*To avoid Phlegm from the Head, Lungs, or Stomach.*

**M**I X Pelitory roots and Mustard together, and hold it in the Mouth, and it will draw out much Phlegm from the Head; but if you boyl Pelitory roots, Hyssop and Mustard in Wine and Vinegar, and gargle the throat with it, it will cleanse the Lungs and Stomach perfectly.

*The Lady Drury's Medicine for the Colick. Proved.*

**T**AKE a turf of green grass, and lay it to the Navil, and let it lye till you find ease, the green side must be laid next to the belly.

*A Medicine for one thick of bearing. Proved.*

**T**AKE the Garden Daisie-roots, and make juyce thereof, and lay the worst  
side

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side of the head low upon the bolster, and drop three or four drops thereof into the better Ear; this do three or four days together.

*An excellent Drink for the Stone.*

**T**Ake Sassafras and Sarsaparilla, of each two ounces shaved small, China root and Tormentile root, of each one ounce sliced small, Liquorish half a pound beaten, Anniseed four ounces bruised; steep all these in three gallons of running water for twelve hours, then put to them these simples following, picked and washed, *viz.* Columbine, Lady-mantle, Marsh-Mallow, and Mous ear-roots slit, Herb Robert, Ribwort, Sanicle, Scabious, Agrimony, Colts-foot and Betony, of each two handfuls, boyl all these together on a soft fire, till one Gallon be consumed, then strain it out and keep the liquor in a glass close stop'd, then take all what remains in the strainer; put it into the pot again, and pour thereon two gallons of running water, and boyl them till half the liquor be consumed, then strain it out, and put both liquors together, set them on the fire, and put a quart of white-Wine to it, and let it boyl a while gently, and scum it clean, then take it off the fire and put to it half an ounce of Rubarb slit and two ounces

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ces of good *Sena* leaves, and stir them well together, and cover the Pot close to keep in the heat, and let it stand all night, and in the morning stir it well, and cover it again, and so let it stand four days. Take of this Liquor in the morning fasting, four a clock in the afternoon, and after supper at bedtime ; at each time the quantity of six ounces, and so it must be used till you feel ease.

*To preserve a Woman with Child from Miscarrying.*

**P**UT a few Cloves and Cinnamon with a sprig of Balm and Rosemary into a pint of Claret Wine, and burn it all together, then beat the yolks of six new-laid Eggs, and put them into the wine on the fire, then take the Cock-treading of twelve Eggs and the white of one Egg, and beat them to an Oyl ; take off the white froth from it, and put this Oyl into the Wine, and brew all well together with as much powder'd sugar as will make it of an indifferent sweetness : whereof let the said Woman take four spoonfuls at a time, when she feeleth any pain to begin in her Back or Belly.

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*To make Childrens Teeth come without pain.  
Proved.*

**T**Ake the Head of a Hare boil'd or roast-  
ed, and with the Brains thereof mingle  
Honey and Butter, and therewith anoint the  
Child's Gums as often as you please.

*Dr. May's Juice of Liquorish to stay Rheum and  
preserve the Lungs.*

**T**Ake six little handfuls of the tops of  
Hyssop, Rosemary-flowers one little  
handful, of the Leaves of Coltsfoot four  
little handfuls, stamp and take the juice of  
them, and put to it a pint of Hyssop-water  
or running water; unto all these put four  
ounces of Liquorish finely beaten and sear-  
sed, then set it on the Fire, and boil it till  
it be as thick as Cream; then strein it thro'  
a fine streiner, and set it again to the Fire,  
and stir it continually till it boil, and put in-  
to it boiling four ounces of yellow sugar-  
candy; let it boil till it rise from the bot-  
tom, which stirring, and when you may  
handle it, make it up in Cakes and Rolls as  
you please.

*To kill a Felon quickly.*

**T**Ake a little Rue and Sage, stamp them  
small, put to it Oyl of the white of an  
an



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an Egg, and a little Honey, and lay it to the Sore.

*A Remedy for the pain in the Stomach:*

**T**AKE a pottle of White-wine, eight ounces of Currans, and four ounces of Elicampane-roots sliced, a sprig of Marjoram and Spearmint; boil all these together till the Currans be soft, adding to it one spoonful of sweet Fennel-seed bruised. Drink of the Liquor every morning fasting, at four a clock in the afternoon, and when you go to Bed, the quantity of six spoonfuls. While you drink this, apply to your stomach one spoonful of Conserve of Roses, two penniworth of Mithridate, Cinnamon, Cloves, and Nutmegs, of each one spoonful, and a penniworth of Saffron, mix these together with Rose-water, and Wine-vinegar, and put them in a linnen Bag, and warm it, and lay it to the stomach.

*To cure Diseases without taking any thing at the Mouth.*

**T**AKE one pound of Aloes Hepatica, Myrrhe four ounces, both beaten very fine, *Aqua vite* and Rose-water, of each one pint; after one nights infusion distil them in Sand twenty four hours very softly, and

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and in the end make a great Fire, and there will come a Balsam, wherewith if you rub the Stomach with a warm Cloth dipped therein, it will purge Phlegm and Choler, and all Worms which infect the Brain, and breed the Falling-sickness; it expelleth Corruption of the Stomach; it helps digestion and appetite; it expurgeth all dross in the bottom of the Stomach; it cureth the Gout, being mixed and well beaten with *Aqua vite*, and apply'd warm to the Gouty place, and left long on it.

#### *To break the Stone.*

**T**Ake Cammock Roots, dry them in an Oven, beat them to Powder, searce it, and put as much thereof as will lye on a Groat into half a pint of White-wine, half a sliced Lemon, a top or two of Rosemary, and some Sugar; let them lye in steep all night, in the morning stir them well together, and drink it off, and walk thereupon a good while. Use this three or four mornings together, and it will make the Stone break, and void away in Gravel: but if the Kidneys be ulcerated, then use the medicine following.

*Physical and Chirurgical Receipts. 45*

*To help Ulceration in the Kidneys.*

**T**AKE two drams of China-Root sliced small, Golden Rod, Maiden-hair, Pauls Betony, Mouſe ear, Agrimony, Comfrey, Scabious, Bugle, red Bramble-leaves, Pellitory of the Wall, Marshmallows, and Plantane, of each half a handful, then take one ſpoonful of French Barley, a ſtick of Liquoriſh sliced ſmall, one handful of Raiſins of the Sun ſtoned; boil all theſe ſoftly in a pottle of Running Water to a quart, then take it from the fire, and put to it two ounces of Conſerve of red Roſes; ſtir them together, and let it run through a fine Cloth, and keep it cloſe ſtop'd in a Glaſs, and drink thereof Blood-warm every morning and evening twelve ſpoonfuls at a time, for two, three, or four weeks, more or leſs, as you ſee occaſion, and find Eaſe or Pain.

*A ſpecial Medicine for one that cannot ſwallow,  
altho' no inward Medicine can be taken for it.*

**T**AKE the ſoyling of a Dog that is hard and white, powder it, and mingle it well with Engliſh Honey, ſpread it thick upon a Linnen Cloth, and hold it to the fire, and lay it all over the Throat down to the Channel-bone; uſe freſh morning and evening,

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evening, bind it hard to, and by God's  
Grace it will help.

} *To draw up the Uvula.*

**T**AKE a new-laid Egg, and roast it till it  
be blue, and then crush it between a  
cloth, and lay it to the Crown of the Head,  
and once in twelve hours lay new till it be  
drawn up.

*A Purge for Children or Old Men.*

**T**AKE one spoonful of spirit of Tartar  
prepared with sugarcandy and Rose-  
water, put it in a little Broth, and give it  
either of them; it purgeth gently, it com-  
forts the Hearts, and expelleth Phlegm and  
Melancholy.

*For a Noli me tangere.*

**T**AKE the Herb called Turnsoil, cut it in  
small pieces, and put it in a Bottle,  
and pour so much *Aqua vite* on it as will co-  
ver it four fingers, stop the Bottle, and set it in  
the sun ten days, and in the night in the  
Chimney corner, but not too near the Fire,  
then pour off the *Aqua vite*, and keep it  
close, then calcine the dregs remaining in  
the Bottle, between two calcining Pots well  
luted, which will be done in a day, then put  
the

*Phyſical and Chirurgical Receipts. 47*

the calcined Aſhes into the ſaid *Aqua vite*, and they will all diſſolve. Keep this as a great Treafure, and give one ſpoonful thereof to the Party faſting in Whitewine, and wet a cloth in the ſaid Liquor, and bind it on the fore place, and without fail it will dry it up. This helpeth alſo thoſe that are troubled with the Gravel and Stone, given as aforeſaid with Whitewine: And it is very excellent for thoſe that have the Dropſie, Palfie, or are taken with a Quartan Ague.

*To make the Face fair, and for a ſtinking Breath.*

**T**AKE the Flowers of Roſemary and ſeeth them in Whitewine, with which waſh your Face; if you drink thereof it will make you have a ſweet Breath.

*For heat in the Face, redneſs and ſhining of the Noſe.*

**T**AKE a fair linnen Cloth, and in the morning lay it over the Graſs, and draw it over till it be wet with dew, then wring it out into a fair diſh, and wet the face therewith as often as you pleaſe: as you wet it let it dry in. May dew is the beſt.

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*An excellent Oyl to take away the heat and  
shining of the Nose.*

**T**AKE Twelve ounces of Gourd-seed, crackle them, and take out the kernels, peel off the skins, and blanch six ounces of bitter Almonds, and make an oyl of them, and anoint the place grieved therewith: you must always take as much of the Gourd-seed as of the Almonds; use it often.

*For Heat or Pimples in the Face.*

**T**AKE the Liverwort that groweth in the Well, stamp and strain it, and put the Juice into Cream, and so anoint your Face as long as you will, and it will help you. *Proved.* Also the Juice of Liverwort drunk in Beer warm is good for the heat of the Liver.

*To take away Hair.*

**T**AKE the shells of fifty two Eggs, beat them small, and still them with a good Fire, and with the Water anoint your self where you would have the *Hair* off: or else Cats-Dung that is hard and dry'd, beaten to Powder, and temper'd with strong Vinegar, and Anointed on the place.

*Dr.*

*Physicall and Chirurgical Receipts.* 49

*Dr. Frier's Receipt for sweating in the Face.*

**T**AKE a little handful of Penny-royal, and as much Cinquefoil, and seeth them in Whitewine or Vinegar; if you take Vinegar, put a little to it when it is sodden; this done, you must hold your Head over it, and cast a sheet over your Head, and keep in the air close as long as you can endure it, and so ten or twelve times a day.

*An approved Medicine taught by Dr. Blacksmith for the Cough.*

**T**AKE the Roots of Folefoot, and dry them in an Oven, and powder them, then heat a Tile red hot, and strew it thereupon, then set the bottom of a tunnel upon it, and let the party receive the same morning and evening.

*An approved Remedy for the same by Doctor Blacksmith.*

**T**AKE a pint of Hyssop-water, and a quarter of a pound of Sugarcandy, a spoonful of Anniseed bruised, and a small stick of Liquorish sliced and bruised, put them together, and let them stand all night; boil it a quarter of an hour upon a fire, then strain, and take of it two or three spoonfuls warm; you may take it at any time, best at night when you go to bed, or in the morning. *For*

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*For the Kidneys swoln with cold, or other Accidents.*

**T**AKE the Oyl of Roses and Quinces, of each two drams, and warm them in a Saucer or Porringer and anoint the place therewith aganſt the fire, leſt you take cold in the doing of it.

*A Vomit for an Ague.*

**T**AKE blue Lilly roots ſliced ſmall and bruised, and ſteep it in as much Vinegar as will cover them; and when the Patient feels his fit coming, let him drink a draught of it in Ale, and keep him very warm while it worketh.

*A Reſtorative bag for a cold or windy ſtomach.*

**T**AKE Roſe leaves, Roſemary tops, and flowers, red Mints, and Borage flowers of each one handful, warm them in a platter on a chafing-diſh of coals, and ever as you ſtir it, ſprinkle it with Sack and Roſewater; and when it is as hot as can be, put it in a cloath or ſilk bag, and lay it to the bottom of the ſtomach as hot as can be endured, and keep your ſelf from ſtudying or muſing, and it will comfort very much.

*A Drink for cold Rheums or Phlegm.*

**T**AKE the Roots of Fennel, Comfrey, Parsley, and Liverwort, Harts tongue, Horſe



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Mouſe-ear, Hore hound, Sandrake, Maiden hair, Conqueſoil, Hyſop, Bugloſs and Violet leaves, of each one handſul, waſh and dry them very clean, Raiſins of the Sun eight ounces, Annifeeds four drams, Liquoriſh two drams, Elicampane root two drams, half a pint of Barley waſhed and bruifed; boyl theſe in a Pottle of fair water until half the liquor be conſumed, ſtrain it, and put to it one quart of White or Rheniſh Wine, and one ounce of Sugarcandy, and boyl it again till half be conſumed, take it from the fire, and when it is cold put it into a clean glaſs, and drink thereof every morning and evening a draught firſt and laſt, and by Gods grace it will make you well and ſound.

*Approved.*

*For Rheum in the Throat.*

**M**Ake a Cap of brown paper, perfume it with Frankincenſe, and apply it hot to the head, then take hard Eggs, and lay them hot to the nape of the Neck, and anoint the throat with Oyls of Rice and ſweet Almonds, and lay your ſelf to ſweat; and after ſweating mix Mel Roſarum, and Syrup of Mulberries, Plaintain water together, and gargle the throat therewith. In want of the ſaid Syrup uſe Woodbine water.

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*A Remedy for the Stone.*

**T**AKE a quart of Milk, Ale, and white Wine, of each four ounces, make them into a clear Posset drink, the Curd taken off; to which put Parsley roots, Mallow leaves, and Pellitory of the Wall, of each one handful, water-creffes one handful and a half, all small shred, two sprigs of Time, and Liquorish one ounce bruised, boyl all together to the consumption of a quart, and take a draught thereof in the morning or at any time before meat, sweetned with Sugar to your taste.

*A broth for the Cough of the Lungs, devised by Dr. Brasdale, Dr. Atkinson, Dr. Fryer, for the Lord Treasurer.*

**T**AKE one paper of the prepared China Roots and steep it in six pints of fair water three hours, then boyl it unto three pints in an earthen pipkin, then boyl a Chicken, and one ounce of French Barley together in a pipkin six or seven Walms, and scum it, then put away the Water and put the Barley and the Chick to the China, with the China in the paper, a little green Endive, twenty Raisins of the Sun stoned, a little crust of bread, and a little Mace, boyl them together

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together to a pint and half, strain it and let the party drink every day two draughts thereof, one in the morning fasting, and another at four a clock in the afternoon: use it as often as you see cause.

*For a Burning or Scalding.*

**T**AKE Alehoof one handful, the yolk of an Egg, and some fair Water, stamp them, and strain it, and therewith wash the grieved place till the fire be out.

Or boil some Alehoof and Sheeps-suet together with Sheeps dung and Plantane-leaves till they come to a Salve, and apply it.

*To procure Sleep.*

**B**RUISE a handful of Anniseeds, and steep them in red Rosewater, and make it up in little Bags, and bind one of them to each Nostril, and it will cause sleep.

*To sharpen a sick man's Appetite, and to restore his Taste.*

**T**AKE Wood or Garden Sorrel one handful, and boil it in a pint of White-wine Vinegar till it be very tender, strain it out, and put to it Sugar two ounces, and boil it to a syrup, and let the Patient take of it at any time.

*A comfortable Zulep for a Fever.*

**T**AKE Barley-water and Whitewine, of each one pint, Whey one quart, put to it two ounces of Conserve of Barberries, and the juices of two Lemons and two Oranges. This will cool and open the Body, and comfort it. If the Fever be extream hot, take two white salt Herrings, slit them down the back, and bind them to the soles of the feet for 12 hours. In want of Herrings, take two Pigeons cut open, and so apply them.

*A Receipt of the Right Honourable the Lord Sheffield, for the Cough of the Lungs.*

**T**AKE of the distilled Water of sweet Horehound one pint, and add thereto to make a syrup three quarters of a pound of fine white Sugarcandy finely beaten, mix these well together, and set them upon a quick Charcole fire, then take some of the best English Liquorish clean scraped and sliced, and put into it, and let it boil in the said syrup, and when it seems half boyled, take three grains of Ambergrease reasonably well bruised, and put it into the Syrup, and let it boyl together, but let any scum that ariseth upon it be taken away before: you must have a care that it boyl not with much heat

*Physical and Chirurgical Receipts. 55*

heat by often cooling some of it with a spoon, when it comes to a little thickness, being cold, it is boiled sufficiently, else will it be all Candy and not Syrup; while it is hot it must be strained through a fine cloth that is clean, before it be put in a Glass.

*For a Cough in stuffing of the Stomach.*

**T**AKE Hyssop water one pint, Muscadine one quart, four races of Ginger, and as much Liquorish sliced, two pennyworth of Sugarcandy in powder, put all into a glass, and stop it close, and shake them well together, and let it intermix twenty four hours, and drink thereof morning and evening.

*A Plaister for the Cholick.*

**T**AKE Camomile, Rue, Sage, and Wormwood, of each one handful, wheaten Bran a handful, cut the herbs small, and boyl all in good Vinegar till the Vinegar be consumed, then put it into a linnen Bag, and lay it to the pained place as hot as can be endured, and when it is cold, warm it again, and use it daily till you be well.

*For the rising of the Mother.*

**T**AKE Columbine-seed and Parsnip-seed of each three spoonfuls; beat them to  
D 3 fine

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fine powder, and boyl them in a quart of Ale to a pint, seething with it one handfull of Sage cut small, strain it, and drink it off warm every morning and evening, especially when you feel pain. And take two ounces of Galbanum, spread it upon a cloath, and lay it upon the Womans Navil.

*A Drink for the Dropfie.*

**T**AKE Polipody of the Oak six ounces, Guajacum one ounce, the bark of Guajacum three ounces, Sassafras four ounces, Sena six ounces, Anniseed three ounces, Epirhymum, Stechados, of each half an ounce, Raisins of the Sun stoned eight ounces, Hermodactiles three ounces, Agarick, Rubarb, China root, of each half an ounce, Liquorish four ounces; put all these to steep a whole night in two gallons of Ale, and six quarts of strong Wine, in the morning, boyl them two hours and half, the pot being close stoppt, then strain it being cold, and give the Patient thereof three times a day, half a pint at a time viz. at six in the morning and at nine after that, and at three in the afternoon. Boyl the remnant in the strainer in strong Ale as before, and drink this Liquor at meals as often as you will. You must keep a drying diet of roast meat every day,

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day, and sup betimes, but drink no other liquor whatever but these two.

*For a Tympany or water in ones body, and for the fulness of the Stomack.*

**T**ake red Fennel and still it, and take thereof in the morning fasting a spoonful or two, and in the evening or any time of the day, when you feel your self not well : by Gods grace this will help you.

*For a Stick in the side. Proved.*

**T**ake a pretty quantity of oats, and boyl them in Sack, till they have dyled up the Sack, and then put them in a cloath, and lay it as hot as you can endure it to your side, and this will help.

*A Receipt of Herbs that are to be boyled in Broth according to Dr. Arkins opinion.*

**T**ake Tamarisk, Lettice, Borrage, Bugloss, Rosemary tops, sweet Marjoram, Time, Succory, Parsly, and Fennil, of each a pretty quantity ; and when the body is costive leave out some Herbs, and put in only Tamarisk, Borrage, Bugloss, Lettice, Succory, Parsly, Fennil, Betony.

*Another by Mr. Francis Cox.*

**T**ake the roots of Asperagus and Erin-goes, of each three or four, cut off the  
D 4 length

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length of a finger, and sliced, Maiden hair, Tamarisk, Harts-tongue, of each like much, Betony twice as much as any of the rest, bind these and the roots together, take also large whole Mace two or three stalks, a quarter of a Nutmeg quartered; take then a young Cock, dress him, and slice him, and cut his flesh, and so boyl him till he be sod all to pieces, but let not the herbs boyl too long in the broth, but when they have given a pretty taste to it, take them out, and let the rest boyl till the Chick be all in pieces, then beat the flesh of him with Dates in a stone Mortar, and strain it with the liquor, until you have all the taste thereof in the liquor, then clarifie this broth with the whites of Eggs as you do a Jelly, and then use it; this broth will strengthen the back, and have respect to the Spleen.

*A preservative against the Plague.*

**T**Ake one handful of Roses, Bettony, and small Felon, two handfals of Scabious, of Dragon, Sage, Sorrel, Rue, Bramble leaves, and Elder leaves, of each one handful, Bole-armoniack as big as an Apple, Saffron the weight of eight pence, yellow Saunders one ounce, Sugarcandy two ounces, all beaten into powder; distill these together,



*Physical and Chirurgical Receipts. 59*

together, take three spoonfuls thereof, and of Treacle or Mithridate the quantity of a bean and mingle it with the water, and drink thereof when you faint.

*Oxymel Compositum.*

**T**ake pure Honey a pottle, white Wine Vinegar a pint and a half, five Parsley, five Fennel, five smallage roots, the pith taken out, the roots of Kneeholm two ounces, Sparagus one ounce, Smallage seed four ounces, shred the roots, and bruise the seeds, and steep them in three quarts of Conduit water for four and twenty hours, and after boyl it all to one quart; strain it, and add the honey clarified, and boyl it therein, then put to the Vinegar, and let boyl gently to the thickness of a Syrup, one spoonful whereof taken every morning fasting cutteth and divideth all gross humors, it purgeth the Liver, Spleen, Reins, and opens all obstructions, it moveth Urine, and provoketh Sweat.

*A purging Dyet-drink the proportion for four Gallons.*

**T**ake Sassaaparilla four ounces, Sena six ounces, Polipody of the Oak six ounces, Rhubarb twelve drams, Sassafras roots

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two ounces, Agarick one ounce, Sea-scurvy-grass a peck, Fennel, Caraway and Aniseed, of each half an ounce, Cloves and Ginger, of each one ounce, wild Radish and white flowerdeluce roots, of each two ounces, Water-creffes and Brook-lime, of each eight handfuls, slice such of these as are to be sliced, and beat those that are to be beaten in a Mortar, and put them in a Canvas bag, and let it stand eight days in a Rundlet of four gallons of ten-shillings Beer, a little lower then the middle of the Beer, and so turn it. Take thereof in the spring and fall three or four days together in manner following, every morning at six of the clock fasting, take half a pint cold and use some exercise after it till you be warm, and fast till nine a clock; then take such another draught, and fast one hour after it, then take some thin warm broth, and keep a good diet at meals, eating no fallads or flegmatick meats; after dinner at three of the clock take thereof another half pint, thus do for three or four days in the same manner. This will purge greatly, clear the blood and inward parts, and prevent diseases. If you please you may put to the abovesaid Ingredients two handfuls of Maiden-hair.

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*The Countess of Worcesters Medicine for the  
Green sickness. Approved.*

**T**AKE a pint of Malmsey, two handfuls of Currans clean washed, and put them together, also take a little Wormwood, and a little crop or two of red Mint, either green or dried, and lay it in the Malmsey over night, and in the morning eat a spoonful or two of the Currans fasting, and walk after it, eating nothing in an hour; use this twelve days together, and if you shall see cause; also take Wormwood, and warm it between two Tiles, and put it in a cloath, and lay to the stomach when you go to bed, and so fresh every night. Proved by the Lady of Worcester.

*A Dyet-drink for a Fistula, or for a Body full  
of gross Humors.*

**T**AKE Sarsaparilla, Sassafras, the Wood and bark of Oak roots, of each four ounces cut small, Agrimony, Coltsfoot, Scabious, of each four handfuls, Marsh-mallow-roots half a handful, Betony, Ladies Mantle, Sanicle, Columbine roots, of each one handful, shred the Herbs and Roots small, and boyl them all in three gallons of spring water, or two gallons, then strain them through a Cullender, and put there-

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thereto one gallon of clear water, and boyl it to a Gallon and an half, and strain it again till all the moisture be out; put thereto a pottle of good white-Wine, and a pint and a half of good Honey and boyl it softly, scum it very clean, take it off the fire, and put to six drams of Rhubarb sliced small, and two ounces of Sena, and keep it in a stone vessel close covered, and drink thereof at five a clock in the morning, and at four a clock in the afternoon, till half of it be wasted; afterwards let the Patient drink thereof every morning a draught, and dress the Fistula with the green salve, and this will cure it.

When this drink is made as abovesaid, let it stand three days only shaking it together twice or thrice a day. It is fit to be drunk at three days end; In the time of taking it, all fish, white meats, fruits, wine, anger and passion, must be avoided.

*For one that hath no speech in sickness.*

**T**Ake the juyce of Sage, or Pimpernel & put it in the Patients mouth, and by the grace of God it shall make him speak.

*A water good for the lightness of the head and the aforesaid disease.*

**T**Ake the flowers of single white Primroses and still them, and drink of the water,

*Physical and Chirurgical Receipts.* 63

water, and that is good for the lightness of the head ; and for bringing of the speech again, mingle therewith the like quantity of Rosemary flower water, and Cowslip water ; and the same will restore the speech again.

*Sir Edward Boustwards precious oyntment for aches in the bones, or sinewes that come of cold causes.*

**T**AKE Wormwood, red Sage, the green and tender leaves and buds of Bays and Rue of each one pound ; chop them and beat them in a Mortar very small, put to them Mutton suet well picked from the skins one pound and a half, and beat all well together, and put to them a pint and an half of good Oyl-Olive, or Neatsfoot Oyl, mix them all well together in an earthen pot, and set them in a warm Oven five hours ; then take it out and strain it ; and keep the Oyntment in an earthen pot, and anoint the grieved place therewith well by the fire, and cover the place with black wool unwashed.

*Dr. Atkins. An excellent Medicine for the Jaundies.*

**T**AKE of Rhubarb finely sliced the weight of a shilling, red dock roots sliced the weight of three shillings, one Nutmeg

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meg bruised grossly, and put them in a bottle of new beer, or any beer, the bottle being three quarts or a pottle, let it be close stoppt for three days, or two at least, and then begin to give him to drink thereof every morning a draught next his heart, and about five a clock in the afternoon, drink this till his stool come yellow: if his body be loose with it, give him but only in the morning; if he will not take this, give him two spoonfuls of the Syrup of Succory, with Rhubarb one morning, and every day, after give him the weight of six pence of the powder after written in drink or broth or aleberry next his heart for a week together.

*Dr. Atkins Powder.*

**T**AKE Earth-Worms and slit them, and wash them with white-Wine, then dry them in an Oven, and powder them, and put to every shilling weight of their Powder, a groat weight of Ivory, and as much of Harts-horn scraped, mingle them together, boyl in his broth Parsley roots and Fennel roots, and a little Nutmeg; if he will not take this, give him every morning two spoonfuls of Oxymel compositum alone, or in Beer, or else burn some Juniper, and take

*Physicall and Chirurgical Receipts. 65*

take one ounce of the Ashes, and put in an Hypocras bag, with a quarter of a Nutmeg beaten, and run a pint of Rhenish Wine or white Wine through it four or five times, and let him every morning drink a draught of white wine and Sugar.

*An approved Medicine for the yellow Jaundies.*

**T**AKE the peels of Barberries, and scrape off the outside of it, and take the inner peel of them, a quarter as much as one may hold in their hand, a small Raisin of Turmerick grated very small, four or five blades of English Saffron to be dried and beaten very small, then put all together, and boyl it in a pint of milk or posset-drink untill it be very bitter: Then strain it, and drink every morning fasting, and at night when you go to bed nine days together, and by the grace of God it will help you; or else you may lay it as steep in strong Ale or Beer twenty four hours, and then drink a quantity of it, as you should the other; and if it be bitter, you may put a little Sugar to sweeten it.

*To make Oyl of Excester.*

**T**AKE Sage two handfuls, one of Time, one of the wild Vine, two of Hyssop,  
one

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one of St. Johns wort, two of Bay-leaves, one of Goose-grass, two of Rosemary, one of Letterwood, two of Penneyroyal, two of Camomile, two of Lavender, two of white Lillies, two of Dragon leaves, two of Rue, two of Wormwood, two of Mints, one of sweet Marjoram, one of Pellitory of Spain, one of Feaver-sew, one of Angelica, one of Betony, stamp well these herbs and put them into a great pottle por, and boyl them in two quarts of running water till the water be consumed, then put to it two quarts of Cowslip flowers that have been steeped in Oyl-Olives four weeks, and have been kept in the Sun all that time, and two quarts of white Wine, and also two quarts of Oyl-Olive, boyl them together one or two hours, till you think it almost dry, then strain in the Oyl from the herbs and put it into the glass, for the very bottom is not so good.

*A Medicine for the Worms.*

**T**Ake a little fresh Butter and Honey, melt it, and anoint therewith the child from the Stomach to the Navil, then take powder of Myrrh, and strew it up on the place so anointed, cover it with a brown paper, and bind a cloath over it, and so anoint the Child three nights one after



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after another. This Myrrhe is also good to swallow in a morning for shortness of breath, and to chew it in the mouth for Rheums.

*A Powder for the Wind in the Body.*

**T**AKE Anniseed, Caraway-seed, Jer, Amber-greece, red Coral, dried Lemon or Orange peels, new laid Egg shells dried, Dates stones, pillengs of Goose-horns, of Capons and Pidgeons, dried Horse Radish roots, of each half a scruple in fine powder well mixed, and half a scruple thereof every morning in a spoonful of Beer or white Wine.

*To make Oyl of Eggs.*

**T**AKE twelve yolks of Eggs, and put them in a pot over the fire, and let them stand till you perceive them to grow black, then put them in a press and press out the Oyl. This Oyl is good for all manner of burnings and scaldings whatever.

*To make Oyl of Mustardseed.*

**T**AKE two pound of Mustardseed, and four pound of Oyl Olive, grind them together, and let them stand so nine days; and then stir it well, and keep in boxes. This Oyl is good for the Palsie, Gout, Itch, &c.

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*To make oyl of Fennel.*

**T**AKE a good quantity of Fennel and put it between two Iron plates, and make them very hot in the fire, then press out the liquor. This Oyl will keep a great while: it is good for the Phthisick, and for Burning or Scalding.

*To make Oyl of Rue.*

**C**UT Rue leaves, and put them into a pot with some Oyl Olive, and let them stand twelve days, then boyl them till they be wasted to the third part, then strain it, and keep it close. This Oyl is good to keep away all causes of Pestilences in Man, Woman, or Child.

*To make Oyl of Camomile.*

**S**Tamp a good quantity of Camomile flowers in a Mortar, put them in a pot with some Oyl Olive, and let them stand twelve days, then boyl it a little on the fire, then take it off, and press it out hard, and put the juyce into glasse, and put to them more Camomile flowers stamped small, and let them stand for your use.

*A Sovereign Medicine for a Fistula.*

**T**AKE pure Rosin one pound, Sheep Suet the bigness of a great Egg, or somewhat

*Phyſical and Chirurgical Receipts. 69*

what more in Winter, and ſet them on a fire in a pot, till it be ready to boyl, then pour it in a pan of cold water, and work it with your hands rubbed with butter till it become ſo ſmall as packthred, ſcrape it on a cloath, and ſpread it thin, then cut it out ſmall and narrow, and when you uſe it, roul it up ſmall like tents.

*The Powder.*

**T**AKE an Ox-horn, and ſteep it nine days in water; ſhift every day into freſh water; then take it out and fill it full of black Sope, and fry it over the fire in a frying pan, and the horn will melt away and burn to powder; dip the end of ten tents in this powder.

*The Water.*

**T**AKE Allum and white Copperas, of each half a pound, beat them into fine powder, and mix them well together, and put them in an earthen pot, and let them boyl on a ſoft fire till they be hard, and will boyl no longer, then beat them to powder. Two ſpoonfuls will make a gallon of water, and one ſpoonful will make a pottle; but let the water ſeeth firſt; then take it off, and at firſt ſprinkle a little of the powder leſt it flame up, and after the reſt wet a fair cloath and

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and dress the sore twice a day. If green Copperas be used, two pound must be put to one pound of Allum. When the sore is dressed it must be tented as aforesaid, if need require, and lay on a cloath still wet in the said water. As the water comes hot from the fire, put in one spoonful of the said powder by degrees.

*A special Medicine for a loofness.*

**B**urn three Nutmegs to ashes in the flame of a wax candle, and when they are thoroughly burnt, rub them to powder, and mix it with the like quantity of Bean-flower and Cinnamon finely beaten and searced: then make up into a paste with the white of an Egg, and a little red wine, and make the past into small round pills fit for swallowing, and dry them hard in a clean fire, and when you take them, drink a little red wine after it.

*For an uncomb or sore finger.*

**S**Hred one handfull of Smallage very small, and put to it one spoonful of Honey, the Yolk of an Egg, add a little wheat flower to make it thick; then spread it on a cloath, and lay it to the sore twice a day.

*Physical and Chirurgical Receipts. 71*

*For the same in young Children, or any other  
in the beginning.*

**T**Ake Celendine and bruise it well between your hands, and bind to your Navil, and the soles of your feet, hang it once in twenty hourstill they be well.

*A Medicine for the purples, proved.*

**T**Ake Purple silk and shred it as small as you can, and put it into a spoon, and put a little Ale or Beer unto it lukewarm, and so take it, and drink after it a little; and so do five mornings together, and fast an hour after it.

*Dr. Twins Almond Milk.*

**T**Ake a pot of water when it is boyled and stood to be clear, then boyl therein Violet leaves, Strawberries the whole herb with the root, of each a pretty handfull, a good root of Sorrel, all well washed, a crust of whitebread, Raisins of the Sun stoned two ounces, boyl all these from a pottle to a quarr, and with fifty Almonds blached, and thirty Pompian Kernels, all well beaten, draw an Almond Milk, sweetened with good Sugar to your liking, and drink a good draught thereof morning and evening towards the quantity of a pint.

*Dr.*

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*Dr. Blacksmith's Almond-Milk.*

**T**AKE of the Roots of *Ruscus Gramen*, Asparagus, and Succory, each three drams, Barley prepar'd half a handful, of the leaves of Mallows, Violets, five-leav'd Grass, Strawberries, Borage, Bugloss, Maidenhair, of each half an handful, sliced Liquorish two drams. Boil all these in three pints of fair running water to a quart or less : then take the weight of a French crown of the Kernels of the three cold seeds, and beat them with a few Almonds, and white Rosewater and Sugar, and make Almond Milk.

*Dr. Atkin's excellent Receipt of Almond Milk to cool and cleanse the Kidneys.*

**T**AKE a pint and a quarter of Barley-water, and in that boil Althea, Eringo, Gramen and Asperagus-roots, each a French Crowns weight, Strawberries and five-leav'd Grass, both leaves and roots, each a few; boil them till the Barley-water be but a pint, then strein out the Barley-water, and take a French Crowns weight apiece of the four cold seeds, and peil off the husks, then beat the seeds with Almonds, and strein them forth together with the Barley-water, and put to it a little Rose-water and Sugar, and make it an Almond-Milk. A

*Physical and Chirurgical Receipts. 73*

*A Receipt for the Stone.*

**T**AKE a gallon of new Milk, wild Thyme, Sassafras, Pelitory of the Wall, Filipendula-roots, Saxifrage, of each one handful, Parsley-leaves two handfuls, three or four Radish-roots, and as many Parsley-roots, Anniseeds one ounce; cut and slit the roots, bruise the herbs and seed, and put them to infuse in the Milk a whole night, the next morning distil it in a Rose Distillatory. Take ten or twelve spoonfuls of the Water, and as much white or Rhenish-wine, a little Sugar and a sliced Nutmeg. It is very good every full and change of the Moon, to take morning and evening, to prevent sickness, and at any time if need require.

*For the Green-sickness.*

**T**AKE Aloes and Rhubarb of each four ounces finely beaten and searced, prepared Steel four drams; mix these together with Claret-wine, and make them into 27 Pills, and take every morning three of them, using exercise till all be gone, and drink after them at each time a glass of Claret-wine.

*For any sore Breast or Paps.*

**T**AKE a pottle of running Water, Sage two good handfuls small minced, and  
a quan-

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a quantity of Oatmeal-groats small beaten; boil all these to a thickness of white bread dough, but let it not burn too; then put to it three spoonfuls of Honey, and a little Saffron; stir it well together, and boil it to a quart somewhat stiff. This Pulstess will break and heal it soon, and draw away the pain without breaking. It will cure any sore Breast or Pap, if it be not a Canker or Fistula.

*A Syrup lasting many years, good for Swooning and Faintness of Heart, it comforteth the weak Brain and Sinews, it may be used as much as half a Nut at once at your pleasure.*

**T**AKE Borage, Bugloss, white Endive one little handful, of Rosemary-flowers, Thyme, Hyssop, Wintersavory, of each one little handful, break these between your hands, and seeth them in three quarts of water to three pints, then strain it, and put to it a pint of good Malmsey, one ounce of whole Cloves, powder of Cinnamon half an ounce, powder of Ginger a quarter of an ounce, one Nutmeg in powder, Sugar half a pound or more, let them seeth upon a soft fire, well stir'd for burning too until it come to the thickness of Honey: then rake it up, and let it cool, and put it in pots or glasses at your pleasure. Prescrib'd by Dr. Fawin.



*Physical and Chirurgical Receipts. 75*

*An approved Medicine for a Woman in Labour,  
to make come, and prove safe Deliverance.*

**T**AKE Powder of Cinnamon one dram,  
Powder of Amber half a dram finely  
beaten, mingle it with eight spoonfuls of  
Claret-wine, and so let her drink it.

*To know how much Bezoar stone must be taken  
when one is Heart sick.*

**T**AKE Bezoar stone the weight of three  
Barly-corns, or five at a time, once in  
six or ten hours, and give it in a Spoon with  
Carduus, Bean-water, Borrage, or Bugloss,  
Ale or Beer.

*Dr. Stephens's excellent Water, wherewith he  
cured many Diseases following.*

**T**AKE one gallon of Gascoign-Wine, Gin-  
ger, Galingale, Camomile, Nutmegs,  
Grains of Paradise, Cloves, Anniseeds, Ca-  
raway-seeds, of each one dram; then take  
Sage, Mint, red Roses, Thyme, Pellitory,  
Rosemary, Pennyroyal, Montanum, Cam-  
momile, Babin, Harts tongue, Lavender,  
Avens, of each a handful; bray the spices  
small, and let it stand so twelve hours, stir-  
ring it divers times; then still it in a Lim-  
beck, and keep the first by it self, for it is  
E best;

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best ; then will there come a second Water, which is good, but not so good as the first, for it is fainter. The Vertues of this Water is to comfort the vital Spirit greatly, and preserve the youth of Man or Woman, and helps the inward diseases that come of Cold, helpeth the shaking of the Palsie, and cureth contractions of Sinews ; it strengtheneth the Marrow in the Bones, it helpeth the conception of Women that are barren ; it killeth Worms in the Body, and cureth the cold Gout and Toothach ; and it helpeth the Stone in the Bladders, and the pain in the Reins of the Back, and will make one seem young a long time : One spoonful of this *Aqua vite* shall do more good to a man that is sick than four spoonfuls of any other ; and this *Aqua vite* shall be better if it stand in the Sun all Summer long.

*For the Falling-sickness.*

**T**Ake half a peck of Peony-roots, cleanse, rub, wash, and stamp them, and as you put them in a Sherry sack let them be beaten very small, and then put to them a pottle of Sherry Sack ; stir all well together, and let it stand close cover'd twenty four hours, then pour off the clearest into Bottles, and take thereof a little draught

*Physical and Chirurgical Receipts. 77*

draught every change of the Moon, for three mornings one morning after another.

*A Pultifs to break a Boile or Imposthume.*

**T**Ake Sorrel one handful, twelve figs quarter'd, half a pint of Sorrel juice; boil and break together till it be very tender, and put to it some wheat-flower, and when it is well boiled put to it a good piece of Butter, and lay it warm to the place twice a day, till it be drawn enough:

*A Remedy for Worms in Children.*

**T**Ake one spoonful of juice of Lemons, powder'd Saffron half a scruple, and a little sugar; and give this same quantity to the Patient three mornings together,

*For Worms. Dr. Wetherborn.*

**T**Ake Rhubarb one dram, Wormwood half a dram, Coralline one scruple, Currans one good handful; beat them all to a Conserve, and mix it with syrup of Violets to an Electuary, and give a Child the quantity of a Walnut thereof every other morning fasting.

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*An Oyntment to heal any Bruise or Wound.*

**T**Ake Sage, Self-heal, Smallage, Sothern-wood, Plantane, Time, Ribwort, Rue, Parsley Marigold-leaves, Mercury, Wormwood, Betony, Scabious, Valerian, Comfrey, Lyons-tongue, Bucks-horn, of each one handfull, wash them clean, and put them into a Sieve to drain all night, and when they are dry chop them very small, and put to them two pound of unwash'd Butter well beaten, then boil it till half be consumed, then strain it into the pot you mean to keep it in. It is also good for swoln Breasts. *May* is the best time to make it.

*For a Bruise in a Woman's Breast that is hard, swoln.*

**T**Ake Woodlice, and dry them between Papers before the fire, and make them into fine Powder, whereof take as much as will lie on a threepence in a spoonful of Grout Ale: do thus first and last for three weeks together, and after you may take twice a week till you find the Breast well. But you must be sure to keep a white Cotton fry'd in Goose-grease to it constantly, tho' you leave taking the powder, until you find the breast cured. This hath cured the Breasts that should have been cut off.

*A Me.*

*Physical and Chirurgical Receipts. 79*

*A Medicine for a Child that cannot hold his or  
her Water.*

**T**AKE the Navel-string of a Child, which  
is ready to fall from him, dry it and  
beat it to powder, and give it to the Patient  
child Male or Female in two spoonfuls of  
small Beer to drink fasting in the morning.

*A. R. C.*

**S**HRED two handfuls of Rosemary-flowers,  
and boil them in a quarter of a pint of  
*Aqua vite* a little together. At night when  
you go to bed, and in the morning, you  
must have two little pieces of white Cotton,  
and take some of this Liquor, and set it on  
the Embers in a dish, and put in one of the  
pieces of Cotton, and when it is hot wring  
out the Liquor, and lay it to the Grief. Do  
thus three times evening and morning keep-  
ing the last piece of Cotton to the Grief all  
night, and so all day.

*An Electuary for the Liver.*

**T**AKE Succory-roots, wash and rub them  
very dry in a cloth, then slit them,  
and take out their pith, and cut them  
in small pieces; of these roots thus ordered  
take eight ounces, and beat them small in a  
Mortar, and put to them two ounces of Cur-

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rans well washed, and dry rubbed in a cloth, and beat them well together ; put one ounce of the best grated Rhubarb, and half a pound of double refined Sugar beaten to powder, and beat all well together in a Mortar to the consistence of a well-form'd Electuary, and keep it in a Gallypot for your use close cover'd. Take as much thereof as a Walnut in the morning fasting, and as much at four a clock in the afternoon.

*A purging Ale for the Liver.*

**T**Ake Scurvy-grass six handfuls, Brooklime, watercresses, of each three handfuls, Agrimony, Speedwel, Liverwort of each two handfuls, Fennel and Parsley-roots, of each three ounces, Horseradish two ounces, Monks Rhubarb one pound, *all well pick'd, wash'd and bruis'd* ; then put to them Sena five ounces, Polypody of the Oak four ounces, Nutmegs bruised two ounces, Fennel-seed bruised one ounce, Liquorish slit and bruised two ounces, Sassafras cut small three ounces : put all these in a Bag or Boultter, and hang it in five or six gallons of second Ale, and after five days infusion drink thereof half a pint every morning fasting, and walk upon it.

*Physical and Chirurgical Receipts.* 81

*A Medicine for the Stone.*

**T**ake the Pulp of *Cassia-Fistula* newly drawn, one ounce and a half, *Rhubarb* in powder one dram and a half, *Venice Turpentine* seven drams, *Liquorish* half a dram, Species of *Diatragacanthum Frigidum* one scruple; mix them well together with a sufficient quantity of *Marshmallows*, and take thereof in the morning fasting the quantity of a Walnut, and drink after it a good draught of *Possiet-drink*; use it three mornings at every New Moon.

*For the Whites and Heats in the Back.*

**T**ake three or four *Nutmegs*, and put them into the middle of a brown Loaf, set it in an Oven, and when it is baked take out the *Nutmegs*, and every morning for nine days one after another, beat the white of a new-laid Egg to Water, then put to it of *Plantane* and red *Rose-water*, of each four spoonfuls, and grate into it some of the said *Nutmegs*, and sweeten it with a little Sugar, and drink it off.

*Syrup of Ale for the same Disease.*

**T**ake a gallon of new Alewort of the first running, and hang it over the clear fire in an Iron pot, and scum it till no more will

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rise,

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rife, and when it is boiled to a pint, take it off, and put it in an earthen Pot with a cover, and rake a little thereof on a Pen knife's point every morning and evening.

*An excellent artificial Balsam.*

**T**AKE Conduit-water and Oyl Olive, of each one quart, Turpentine four ounces, liquid Storax six ounces, put them in a Bason, and let them stand together all night, the next day melt half a pound of Bees-wax on the fire, and put to it Rosemary, Bayes, and sweet Marjoram, of each one handful shred small, and also Dragons-blood and Mummey of each one ounce made small, and let them boyl in the Wax a while: then put into the Bason oyl of Sr. Johns wort and Rosewater, of each two ounces, and boyl it together a little more, then put in some natural Balsam and red Saunders pulveris'd, and let it boyl a little, then strain it into a Bason, and when it is cold make a hole in it with a Knife, to let out the Water, and so dissolve it on the fire, and put it up for your use.

*The Vertues and Operation of this Balsam are,*

1. It is good to cure any wound inward; if inward, squirt it in or apply it with a tent. If outward, anoint the place.

2. It



*Physicall and Chirurgical Receipts.* 83

2. It healeth any burning or scalding, bruise or cut, being therewith anointed, and a linnen cloth or lint dipped therein laid to the place warm.

3. It takes away any Pain or Grief that comes of cold and moisture in the Bones or Sinews, anointing the place grieved with this Oyl heated, and a warm cloth laid on it.

4. It cureth the Head-ach, only anointing the Temples and Nostrils therewith.

5. It is good for the Wind-Colick, or Stitch in the side, applied thereunto warm with hot cloaths four mornings together, every morning a quarter of an ounce.

And many other Cures it doth, &c.

*To make green Oyntment.*

**T**AKE Rue and Sage of each one pound, Bay-leaves and Wormwood of each half a pound, Melilot, the Herb and Flowers of Camomile, Spike, Rosemary, red Rose leaves, *St. John's Wort* and Dill, of each one handful; chop them first very small, then stamp them, and put thereto the like weight of sheeps suet, chopt very small, and stamp them all in a stone Mortar to one substance, that all be green and no suet appear. Then put it into a large earthen Pan, and pour on it five pints of pure and sweet Oyl

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Olive,

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Olive, and work them together with your hands to one substance; then cover the pan with Paste close, that no Air enter, and let it stand seven days; then open it, and put it in a fresh Pan, and set it on a soft Fire, always stirring it till the Herbs begin to grow parched; then strain it into a fresh Pan, to which put the Oyls of Roses, Camomile, white Lillies, Spike and Violets, of each one ounce; stir them well together, and keep it in a glass close stop'd for your use:

## *An Electuary for the Passion of the Heart.*

**T**AKE Damask-Roses half blown, cut off their whites, and stamp them very fine, and strain out the juice very strong; moisten it in the stamping with a little Damask Rosewater, then put thereto fine powder'd Sugar, and boil it gently to thin Syrup; then take the powders of Amber, Pearl, and Rubies, of each half a dram, Ambergrease one scruple, and mingle them with the said Syrup till it be somewhat thick, and take a little thereof on a Knife's point morning and evening.

## *A Drink for a hot Fever.*

**T**AKE Spring-water and red Rose-water of each one pint and a half, the juice of

*Physicall and Chirurgical Receipts. 85*

of three Lemons, and white Sugarcandy one ounce, and mix them together, and give the Patient thereof six or eight spoonfuls at a time often in a day and night, until the unnatural heat be extinguished.

*For the Colick,*

**T**AKE equal portions of Honey and Wine, put them on a fire, and put thereto ground wheat meal, and a pretty quantity of bruised Cummin-seeds, and as much Sorrel; boyl all together for a pretty while, then put them into a linnen bag, and apply it to the belly as a plaister. Or take a pretty bundle of Time, and boyl it with a little slice of Ginger in a pint of Malmsey, till the third part be wasted, and drink thereof as warm as you can.

*For the stopping of the Urine.*

**T**AKE the shells of quick Snails, wash them and dry them clean, and beat them into fine powder; whereof take a pretty quantity in white-Wine or thin Broth.

*For the Stone in the Kidneys.*

**T**AKE a pottle of new Ale, and as much Rhenish wine, and put it into two whole Lemmons sliced with the peels and all and  
put

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put to them one Nutmeg beaten and two handfuls of Scurvy-grass beaten and strained into the Ale, and half a penniworth of grains of Paradise bruised ; put all together in a little stand with a cover, and after three days drink it with a rast. It is also good against the wind-colick , proceeding from the Stone.

*To make the Hair grow thick.*

**T**AKE three spoonfuls of Honey, and a good handful of Vine sprigs that twist like wire : and beat them well, and strain their juyce into the Honey, and anoint the bald places therewith.

*For the Rheum or Cough in the stomach.*

**T**AKE a pint of Malmsey or Muscadine and boyl it in five ounces of Sugar-candy till it come to a Syrup, and in the latter end of the boyling put to it five spoonfuls of Horehound distilled water, and so suck it from a Liquorish stick bruised at the end. Use this only to bedward.

*For a Sciatica.*

**T**AKE a pound of yellow Wax, six spoonfuls of the juyce of Marjoram, and red Sage, two spoonfuls of the juyce of Onions,

*Physical and Chirurgical Receipts. 87*

nions, of Anniseeds, Cloves, Frankinscence, Mace and Nutmegs of each one penniworth, and as much Turpentine; boyl these together to the consistence of a salve, and so apply it.

*For the Piles.*

**R**Oast quick Snails in their shells, pick out their meat with a pin, and beat them in a Mortar with some powder of pepper to a salve, then take the dried roots of Pilewort in powder, and strew it thin on the Plaister, & apply it as hot as you can suffer it.

*To procure sleep.*

**C**Hop Camomile and crumbs of brown bread small, and boyl them with white wine Vinegar; stir it well, and spread it on a cloath, and bind it to the soles of the feet as hot as you can suffer it. You may add to it dried red Rose leaves, or red Rose-cakes with some red Rose-water, and let it heat till it be thick. And bind some of it to the Temples, and some to the soles of the feet.

*A good Purge.*

**T**AKE Diacatholicon and Syrup of Roses Laxative, of each one ounce, mix them well together in a penny pot of white  
Wine;

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Wine ; and drink it warm early in the morning. This purgeth Choler, Phlegm, and all manner of watry humors.

*For a Felon in a Joynt.*

**D**RY Bay salt, and beat it into Powder, and mixt it with the yolk of an Egg, and apply it to the grieved place in the beginning, before the Felon be broken : but if it be first broken, then take the juyce of Groundswell, the yolk of an Egg, a little Honey and Rye flower ; mix them well together and so apply it.

*To heal a fresh Wound with speed.*

**T**AKE the leaves of Columbine, Nettles, Plaintain, Ribwort, wild Tarras, Wormwood, red Roses, Betony, Violets, of each one handful ; wash them clean, and beat them well with the white of an Egg, and strain out the juyce through a cloath, to which juyce put the quantity of two Walnuts of Honey, and half an ounce of Frankincense ; stir them well together, and put it in a box, and use it Plaister-wise. Or take Rosin, Wax, fresh Butter, Barrows-grease well tried, of each a little quantity, Oyl them well and put it in a bason of cold water, and work it with your hands into little rolls, spread

*Physical and Chirurgical Receipts. 89*

spread it on a cloath and apply it. If the wound be deep tent it with lint.

*For the prick of a Needle or Thorne:*

**T**AKE boulded wheat-flower, and temper it with red wine, boyl them together to the thicknes of a Salve, and lay it on so hot as you can suffer it. This will open the hole, draw out the filth, and ease the pain.

*For to kill a Corn:*

**T**AKE of the bigness of a Walnut of Ale-yeast that is hard, and sticks to the tub side; put to it a little dried salt finely powdered; work them well together, and put it in a close box; make a Plaister of some of it, and bind it to the Corn.

*For Bruises, Swellings, broken bones.*

**T**AKE Brooklime, Chickweed, Mallows, Smallage, Groundsel, of each one handful; stamp them with a little sheeps tallow, Swines grease, and Copin; put thereto wine dregs, and a little wheat bran; stir them well together over the fire till they be hot, so apply it to the place grieved.

*For Burning or Scalding.*

**T**AKE Goof-dung, and the middle Bark of an Elder-tree, fry them in May Butter, strain

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strain them, and therewith anoint the burnt  
or Scalded place.

*To help Deafness.*

**T**AKE a piece of Rye dough the bigness  
of an Egg, and of that fashion, bake it  
dry in an Oven, cut of the end, and with a  
knife cut out the paste and make it hollow,  
then put into it a little aqua-composita, and  
stir it and so hot as you can endure it apply  
it to the deaf ear till it be cold; you must  
keep your head very warm. If both ears  
be grieved, make two of them, and use those  
three times.

*For the Colick.*

**T**AKE half a sheet of white Paper, anoint  
it all over with Oyl Olive, and strew  
thereon gross Pepper, and lay it to the bel-  
ly from the Navil downward.

*For the Yellow Jaundies.*

**T**AKE Pimpinell, Groundsel, Shebroom  
with the tops, of each one handful;  
boyl them in a quart of Ale till half be con-  
sumed, then divide it into three draughts,  
and take it morning and evening.

*For the bloody Flux.*

**T**AKE Bean flower, mingle it with  
Malmsey, and make a paste thereof,  
and



*Physical and Chirurgical Receipts.* 91

and bake it in an Oven like a Cake, but not too hard and lay it upon the Navil of the belly as hot as can be suffered, and, wet it all over with Malmsey, and keep it warm. It will help in three days.

*A drink to drive the Plague from the Heart.*

**T**AKE a great Onion, cut off the top of it, and take out so much of the core as the bigness of a Walnut, which hole fill up with Treacle, put on the top again and wrap the Onion in a piece of brown or gray paper, rost it thoroughly, and peel it, and trim it finely, and put it in a clean linnen cloath, and strain it hard into three Porringers, and drink the juyce so strained out: For it hath been found most excellent by often proof, not only for the expulsion of the Plague, but also for the eradicating of all poison and Venome:

*The only Receipt against the Plague.*

**T**AKE three pints of Muscadine; and boyl therein a handful of Sage, and a handful of Rue, until a pint be wasted; then strain it, and set it on the fire again; then put thereto a penny worth of long Pepper, half an ounce of Nutmegs, all beaten together; then let it boyl a little, and put thereto three pennyworth of Treacle, and

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a quarter of the best *Angelica* water you can get : Keep this as your life above all worldly Treasure. Take of it always warm both morning and evening a spoonful or two, if you be already infected ; and sweat thereupon ; if not a spoonful in the morning, and half a spoonful at evening in all the Plague time. Under God trust to this ; for there was neither Man, Woman nor Child by this deceived.

This is not only for the common Plague, which is called the sickness ; but for the Small Pox, Measels, and Surfeits, and diverse other diseases.

*A good Almond Milk for the bloody Flux.*

**T**AKE Mutton and boyl it in fair water and scum it very clear ; then put to it a handful of Borage leaves, as much Prunes, some Cinnamon and whole Mace, the upper crust of a Manchet, boyl all these well till their strength be gone into the Broth ; then strain it through a Cullender, then take Jordan Almonds ; and parch them as you do Pease, and let them boyl two or three walms ; then strain them through a cloth, and season it well with Sugar and a little Salt, and let the Patient drink thereof at all times of the day. It is very Medicinal.

To

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*To take Fish by Angling.*

**T**AKE Asia Fetida, Camphire, *Aquavite*, and Oyl Olive; bray them together till they come to a soft Oyntment; then box it, and anoint your baits therewith.

*For an Ach or Swelling.*

**T**AKE Oatmeal, Sheeps suet, and black Soap of each four ounces, boyl them in water till it be thick, make a plaister of it and apply it to the grieved place hot.

*For a Childs Navil that comes out with much crying*

**T**AKE Wax as it comes from the Bee-hive, let it not be altered, but only strained from the Honey; then melt some of it in a Sawcer, and dip some black Sheeps wool into it, and bind it to the Navil.

*For Womens sore Paps or Breasts.*

**T**AKE Bean flower two handfuls, Wheat-en Bran, and powder of Fenugreek, of each one handful, one pound of white-Wine Vinegar, three spoonfuls of Honey, three yolks of Eggs; boyl all till they be very thick, and lay it warm to the Breast. This will both break and heal it. Crush out the matter when you change the plaister.

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ster. Or take Oyl of Roses, Bean-flower, and the yolk of an Egg with a little Vinegar, set it on the fire till it be lukewarm, and no more, then with a feather anoint the sore places.

*For an Ague in Womens breasts.*

**T**AKE the leaves of Hemlock, fry them in fresh butter, and as hot as may be suffered apply it to the Breasts, and lay a warm white Cotton on it, and in short time it will drive the Ague out of them.

*To draw Rheum from the Eyes back into the Neck.*

**T**AKE twenty Cantharides, cut off their heads and wings, and beat their bodies into small powder, which put in a little linnen bag, and steep it all night in *Aquavive* or Vinegar, and lay to the nape of the neck, and it will draw some blisters, which clip off, and apply to them an Ivy or a Cabbage leaf, and it will draw the Rheum from the eyes. Or roast an Egg hard cut it in half, and take out the yolk, and fill either side with beaten Cummin-seed, and apply it hot to the nape of the neck.

*For a Canker in the Mouth.*

**T**AKE a pint of strong Vinegar, Roach Allum the bigness of a Walnut, as much

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much English Honey as will sweeten it, and boyl it in a Skillet, put it up in a close stoppt glafs; warm a little of it in a sawcer, and therewith wash the mouth often, and lay some lint wet in the same warm Liquor upon the places.

*To make sweet Breath:*

**T**AKE the dried flowers and tops of Rosemary, Sugarcandy, Cloves, Mace and Cinnamon, of each a little quantity, dried and beaten into fine powder; then take a new laid Egg, and put of the powder into the egg, and sup it off fasting in a morning; do so seven days one after another, and it will sweeten the Breath.

*For an old sore Leg.*

**T**AKE the whitest hard Sope you can get, scrape a quantity thereof into a sawcer, and put to it some Deer-suet, and boyl them on the fire, then spread it on a clean linnen cloath, and lay it to the sore, morning and evening, and in a short time it will heal.

*For a Stitch in the side.*

**T**AKE a piece of white leavened bread, and tost it on both sides, then spread one one side thereof with the best Treacle you can

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can get, and cover it with a fine linnen cloth,  
and so lay it to the grieved place.

*A most excellent Salve for a Wound.*

**T**AKE a good quantity of the tops of  
Maiden or unset Hyſop, ſhred them  
ſmall and beat them very ſmall in a Mortar;  
then take Oyl Olive and clarified Honey, of  
each one ſpoonful, put thereto half a hand-  
ful of wheat flower, compound them toge-  
ther cold, and make it up into a fine Salve,  
which uſe to the purpoſe aforeſaid.

*A Pulſes to ripen any Boile or Impoſtume.*

**T**AKE a Lilly root and roaſt it in the Em-  
bers in a brown Paper; then take Figs  
and pound them ſmall, and Fenugreek and  
Linſeed of each a like quantity: when the  
Lilly root is roaſted, pound it very well then  
boyl all theſe in new Milk from the Cow,  
till it be ſo thick that a ſpoon may ſtand  
upright in it, and ſtir it always in the boyl-  
ing, and put to it ſome Barrows greaſe and  
apply it to the place grieved.

*To encrease Womens Milk.*

**T**AKE Fennel ſeeds bruifed, and boyl them  
well in Barley-water, whereof let wet  
Nurſes and ſuckling Women drink very of-  
ten, in Winter warm it, in Summer cold;  
and

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and let them beware of drinking much strong Beer, Ale or Wine, for they are hot and great driers up of Milk ; and so are all Spices, and too much Salt or Salt meat.

*To keep Iron from rusting.*

**T**AKE Lead filed very small, and put so much Oyl Olive upon it as will cover it in a pot ; then make your Iron very clean first, and anoint the Iron with the said Oyl, after it hath stood nine days and it will never rust.

*To make Golden Colour without Gold.*

**T**AKE the juyce of Saffron flowers when they are fresh on the ground ; but if you cannot get them, then take Saffron dried and powdered, and put to it yellow and glistering Auripigment, that is scaly, and with the gall of a Hair, or Pike fish, which is better, mix them together ; then put them in a glass Viol close stopped ; which set in a warm dunghill for certain days, then take it out, and keep it for your use.

*To make Golden Letters without Gold.*

**T**AKE Auripigment one ounce, fine Chrystal one ounce ; beat them to powder severally ; then mix them, and temper them with the whites of Eggs, and so write with it.

*To*

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*To make Silver Letters without Silver.*

**T**Ake Tin one ounce , Quicksilver two ounces, melt them together, then beat them well with Gum-water , and so write with it.

*To make the Face Fair.*

**T**Ake fresh Bean-Blossoms, and distill them in a Limbeck, and with the water wash your face.

*A wound drink.*

**T**Ake Southrenwood, Wormwood, Bugle, Mugwort, White Bottle, Sanicle, Plantain, Dandelion, Cinquefoil, Ribwort, wood Betony, Clary roots, Avens called Herb Bennet, Hathorn buds, Agrimony, Oak leaves and buds, Bramble buds, wild Angelica, Mints, Scabious, Strawberry leaves, Violet leaves, Comfrey of each twenty handfuls ; gather them in *May*, and dry them in a Room without much fire ; turn them often that they may not become musty and when they are dry, put them up in Canvas bags severally. Then take of these several herbs so dried, of each three handfuls, and put them into two quarts of running water, and one quart of white-Wine, boyl them to three pints, strain the liquor from the herbs,



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herbs, and put thereto one pint of Honey, which boyl again, taking away the froth; then strain it and keep it in a glass bottle close stopped, and take thereof in the morning fasting, and at night last, two or three spoonfuls at one time. This water will not continue good above three or four weeks at the most. It cureth old sores, green Wounds, Imposthumes, Fistula's, and stencheth bleeding. Tent no Wound, but search and cleanse it with a tent, and cover the place with a clean cloath. During the cure, the Patient must keep a spare diet, and abstain from wine and strong drink.

*For worms in Children.*

**T**AKE three pound of Prunes, Senā one ounce and a half, Sweet Fennel-seed one ounce and a half, Rhubarb half an ounce, tie all these in a bag with a stone to it, and put them into a great quantity of water; then put the Prunes on the top, and let it stew six or seven hours, till the liquor be even with Prunes; so drink of the liquor two or three spoonfuls, and eat of the Prunes in the morning fasting, and at four a clock in the afternoon.

*A green Salve.*

**T**AKE one pound of Butter, Bees-wax five ounces, Rosin one pound and a halt, Frankinsence four ounces, Oyl of Bayes two ounces, Deers-suet one ounce and a half, Verdigreese one ounce and a half, boyl the butter a little, then boyl the wax in it, and stir it now and then, take it off the fire, put in the Oyl of Bayes, set it on the fire again, then put in the Deers-suet, and let it boyl one walm, for if it have more it will turn black, and when it is off the fire, put in the Verdigreese powdered then strain it into pots, and keep it for your use.

*A Receipt for the Kings Evil, Fistula, Sore Breasts, Legs, or other Sores.*

**T**AKE Samnil, Agrimony, Avens, wild Bugle, red Dandelion, wood Bettony, Ribwort, wild Clary Roots and leaves, Mugwort, Plaintain, Wormwood, and Bugle beaten and bruised, of each two handfuls; boyl them in six-quarts of white-wine until their vertue be extracted very softly, then with your hand squeeze all the juyce out of them into Wine, then strain the liquor out, and set it on the fire, and clarifie it with so much Honey as will make it dainty, pleasant,

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fant, and not sharp; and let it boyl a little more; and when it is cold put it in bottles close stopped, and it will last a year, whereof give the Patient six spoonfuls at a time, in the morning fasting, and at four a clock in the afternoon.

*To ease Womens Child-bead throws that are taken with a Cold a week or two after their Delivery.*

**T**AKE one or two spoonfuls of Oyl of sweet Almonds newly drawn, either in Posset-drink, or in a Caudle, warm, morning, and evening, it will help.

*For Womens swoounding fits after Delivery of Child.*

**T**AKE the powder of white Amber as much as will lye on a three-pence, and give it in Mace-Ale warm.

*An approved Medicine to speed a Womans Delivery in Difficult Travel, and to send out the after burden safely.*

**T**AKE Cinnamon two drams and a half, one dram and a half of white Amber, Myrrhe two scruples, Castoreum one scruple Borrax half a scruple, Saffron five grains, powder and mix them, whereof

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give one dram at a time in white-Wine and Sugar, and sweat after it. This hath been often tried with much good success.

*An approved Medicine for the Megrum.*

**T**AKE one spoonful and a half of the white of an Egg beaten very clear, white Wine Venegar one spoonful, of Pepper and Frankincense, of each two drams powdered, and one spoonful of Honey ; mix them with so much wheat flower as will make it into paste, whereof make two plaisters, and lay them to the temples of the head, and change it duly every morning and evening.

*For to ease Head pain.*

**T**AKE red Rose leaves dried, mix them with wheat flower, Vinegar, Oyl of Roses, and some Housleek, boyl them till they be thick, spread it on a linnen cloth, and lay it to the forehead and temples, and it will ease the pain.

*To cure a Shock Dog that hath the Mange.*

**T**AKE four ounces of Tar, mix it with some fresh grease, so as it may run, then put to it some Brimstone powdered, half a spoonful of Gunpowder powdered, and  
two

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two spoonfulls of Honey ; mix them well, and therewith anoint the Dog; in the Summer time tye him in the hot Sun, that the Oyntment may soak into him ; in the Winter time lay him on thick fresh Hay, and there keep him that the heat of his Body may heat and melt it. Thrice dressing will cure him.

*Dr. Goffe's Receipt to preserve a Woman with Child from miscarrying and abortion.*

**T**AKE a Fillet of Beef half roasted hot from the Fire, then take half a pint of Muscadine, Sugar, Cinnamon, Ginger, Cloves, Mace, Grains of Paradise and Nutmegs, of each half a dram, and make thereof a Sawce, then divide the Beef into two pieces, and wet them in the sawce, and bind the one piece to the bottom of the Womans Belly, and the other to the Reins of the Back, as hot as may be suffer'd, and keep them on twenty four hours at the least, and longer if need be thereof.

*For any Pain in the Stomach.*

**C**UT a piece of new Scarlet in the shape of a Heart, put it in a pewter Dish, and wet it with the strongest Cinamon or Wormwood water ; then set it on a Chafindish of

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Coals and cover it close, and when it is dry wet it again; which do often until the scent of the hot water be strong in it, and lay it very hot to the Stomach, and renew it once or twice in a week.

*For the Wind in the Veins.*

**T**AKE powder of Liquorish, Caraway-seed and Sugarcandy beaten small, of each an equal quantity to your taste, to which put Rhubarb in powder a third part or more, with as much cream of Tartar pulveris'd; put it in a Box, and keep it in your Pocket, and eat as much of it as will lye on a sixpence twice or thrice in a day for a week together; this will gently purge you, cool the Blood, and expel the Wind out of the Veins. This hath holpen those that have not been able to go.

*An excellent Searchcloth for a Bruise, Strain,  
or Wound.*

**T**AKE one pint of Oyl-Olive, red Lead eight ounces, Virgins Wax four ounces, Oyntment of Populeon four ounces, the Oyls of Roses and Camomile, of each one ounce; set the Oyl on the Fire, then melt the Wax in it, then put in the Populeon and Oyl, and when all are molten, put in the  
the

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the red Lead; ſtir them well together, and let it boyl till it be black, then dip in your cloaths, and apply them to the places ill affected.

*Mr. Lumley Chyrurgeon, his Pippin-drink for a Conſumption.*

**T**AKE the thick paring of ſix Pippins, boyl them in three pints of Spring Water to a quart; then ſweeten it with Sugar-candy, whereof drink the quantity of a Wine-glaſs when you go to bed. In a Fever it's very good with a little ſyrup of Lemons.

*An approved Medicine for the Spleen.*

**D**RINK for three mornings together pure Whey, as it comes naturally from the Curd; the firſt morning two pints, the ſecond morning three pints, the third morning four pints. The beſt Exercise after it is gentle riding.

*A rare Balfam.*

**T**AKE *Venice* Turpentine one pound, waſh it four times with fair Water, and as many times in Damask Roſewater, till it be as white as Snow; then take an earthen Pot of a gallon, make a hole in the bottom of it, which ſtop with a Cork and a Rag, and tye

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a string about the Cork, into which pot put five pints of pure Oyl-Olive, and three pints of Spring-water; boyl this half a quarter of an hour, then melt eight ounces of yellow wax in a Skiller, which put to the Turpentine in the Pot; take it off the Fire, and stir them together with a spoon till they be well mingled, then pluck the Cork out of the earthen Pot, and let out all the Water in a Platter, and the Oyl and the Turpentine into the Wax in a large Bason, and set them over the Fire, stirring them well; then pour all out into a large Earthen Pan, and when it is thorow cold melt it again on the Fire, so that it will slip out, then pour out the Water in the bottom, and melt it again on the Fire, stirring all well together, and so put it up into Gallypots for your use, and you have a most excellent Balsam made by decoction, whose effects follow.

*The Vertues of it.*

1. It is good for any inward Wound squirted warm into it, and outwardly to it on fine lint, and anointing the place. It also preserves the wound from inflammation and putrefaction,

2. It heals any Bruise or Cut, being first anointed therewith, and then a piece of lint dipped in it, and laid to the place.

3.



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3. It cures all Burnings and Scaldings.

4. It helps the Headach, anointing the Nostrils and Temples therewith.

5. It expelleth the Wind-Cholick, or Stuch in the side, being anointed and apply'd four mornings with warm clothes, and every morning bathing it before the fire a quarter of an hour.

6. It helps a Surfeit, taking one ounce thereof in warm Sack.

7. It preserveth from the Plague, only by anointing the lips and nostrils therewith before the party goeth abroad in the morning.

8. It is good against Cancers and Worms applied as before for a Cut.

9. It helps digestion, and keepeth from Vermin, if the Navel or Stomach be anointed therewith before the party goeth to bed.

The Operator that made it healed himself, being sorely scalded.

*To cure the Rickets in Children. Approved.*

**T**AKE a quart of new Milk, put into it one handful of Sanicle, boil it half away, and give it to the Patient Child to drink in the morning for a Breakfast, and let it not eat any thing for an hour or two after it, and at night take a quart of Milk, and one handful of red Mints, boil it half away as

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before, and let the Child eat it last at night. This continue for a month or longer, as occasion is. This quantity of milk so made will serve for twice.

*An Unguent to anoint the Ricketed Childs Breast.*

**T**AKE fresh Butter, Sanicle, red Mints, of each one pound, stamp the herbs very small, then mix it with the Butter to a perfect Unguent, and therewith anoint the Childs Breast every morning and evening before the fire; you must anoint it from arm to arm, that it may open the breast; and also anoint the Gullet-bones, that they may open, for in this Disease they will seem to close.

*To anoint the Ricketed Childs Limbs, and to recover it in a short time, though the Child be so lame as to go upon Crutches.*

**T**AKE a peck of Garden-snails and bruise them, put them in a course Canvas Bag, and hang it up, and set a dish under it to receive the liquor that droppeth from them, therewith anoint the Child in every Joint which you perceive to be weak before the fire every morning and evening. This I have known made a Child that was extream weak to go alone, using it only a weeks time.

*A Plaister for an Ague.*

**T**AKE strong Leaf Tobacco six drams, Currans a small handful, and as much Boar's grease as will make it into a Salve, by beating and stamping together in a Mortar of Stone; when it is beaten to a salve take two pieces of Sheeps Leather, and spread the salve an inch thick on both of them, and lay them upon the veins of both wrists twenty four hours before the fit cometh. This will cure either a quartan or a tertian Ague.

*A dainty cooling Drink for a Fever.*

**T**AKE French Barley one ounce, boil it first in a quart of fair water a good while, then shift it, and boil it in another quart of water a good while, shift it again, and boil it in a pottle of running spring water to a quart, then take two ounces of sweet Almonds, lay them to soak all night, then stamp and strain them into the last Barley-water; put to it four spoonfuls of Damask Rose-water, the Juice of one Lemon, and with Sugar sweeten it to your taste, drink this often in the night, or when you are dry or hot.

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*To clear the Stomach, and comfort it.*

**T**AKE a pint of Sherry sack, put in it two ounces of Jean Treacle, and four ounces of white sugarcandy, boyl them into a Syrup with a soft fire, and take one spoonful in the morning fasting.

*A Plaister for the same.*

**T**AKE a red Rose-cake and tost the upper side of it at the fire, stick it thick of Cloves, and dip it in a little quantity of *Aqua vite* and Whitewine Vinegar warmed very hot on a Chafindish of Coals, lay it to the Stomach as hot as can be suffered, and bind it fast on all night.

*For a Rupture.*

**T**AKE a sheet of Cap-paper, wet it in water, and fold it so wet, and lay it upon the Rupture, the Party lying upon his back, but close up the Rupture first with your Fingers, and so bind it down till it be dry, and then it will hold and grow with the Flesh; you may wear a Truss upon it if you will.

*To procure speedy Deliverance to a Woman in Labour with Child.*

**T**AKE a pint of Ale, and boil it, and put to it a Womans milk to make a Possiet  
of

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of it, and let the Woman in travel drink it: this hath procured easie and speedy deliverance to divers Women in Childbirth.

*To cure a great flux or looseness of the Belly.*

**T**AKE a hard Egg and peel off the shell, and put the smaller end of it hot to the Fundament or Arsehole, and when that is cold take another such hot, fresh, hard, and peeled Egg, and apply it as aforesaid.

*For to strengthen the weak Eyes, Mr. Stepkin.*

**T**AKE one pint of red Rosewater, Sugar-candy one ounce, *Lapis Tutia* two drams, both finely pulveriz'd, put them into the Rosewater, and stir them well together, and after it hath stood twenty four hours, wet a bit of new clean sponge in the said water, and wash the sore Eyes therewith lying backward, and when the Water is almost spent, put into the glass more red Rosewater.

*A rare Oyl, or St. John's Wort.*

**T**AKE a quart of Oyl-Olive, one pint of Whitewine, two handfulls of *St. John's Wort* stripped, seeds and all; bruise them, and put them into the Oyl, and put to it Oyl of Turpentine two ounces; put all into a great double glass close stopped, and set it  
in

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in the Sun ten days; then put the glass with all that is in it into a Kettle of Water, with some hay or straw in the bottom, and let the water boil gently for ten or twelve hours, then strain the Herbs from the Oyl, into which Oyl put as much fresh St. John's wort and seeds bruised, and let it stand ten days more in the sun; this Oyl will be then of a deep red colour, and will last seven years; it is good to heal any wound, the venomous bitings of dogs or serpents, and for sprains.

*A Glyster for a hot Fever.*

**T**Ake one handful of French Barley boyl it a while in water till it be red, then pour off the water, and put the Barley into a quart of running water with Mallows and Strawberry-leaves, of each one handful, a few dry'd Camomile-flowers, a spoonful of Anniseeds bruised; then boil it half away, and strain it out, put to the liquor a sawcer of Oyl-Olive, and four ounces of brown Sugar, with four spoonfuls of Syrup of Violets, use it something more than lukewarm.

*An excellent Drink to keep ones Mouth moist.*

**T**Ake of Rosemary, Cinquefoil, and a stick of Liquorish bruised, seeth them  
in

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in a quart of fair water till half be consumed, then strain it from the Herbs, and put in sugarcandy, and let it seeth a while again, and then take it off the fire, and let the Patient drink thereof cold or lukewarm.

### *To stay Vomiting.*

**S**Eeth a good quantity of Cloves in Ale very well, that it may be strong of the Cloves, then sweeten it with sugar, and drink it warm.

### *An excellent Receipt for Swooning and bringing quickly to life.*

**T**Ake of the common round black Pepper, and bruise it a little, and take half a sheet of white Paper, fold it up together, and between every fold strew some of the same, and burn the one end thereof in the fire, and hold it to the Nostrils; it is very good.

### *Against Fainting.*

**T**Ake Amber and scrape it, and put it in a spoonful of hot Broth, and take it in the morning fasting, or at other times when you find your self faint, and fast an hour after it.

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*Dr. Lukener's Medicine to strengthen the Back,*

**T**AKE a pottle of fair water, and a Cock-chicken, then take three French crowns weight of Sassafras, as much of China-wood, one dram of Orange-roots, one dram of Marshmallow-roots, scrape and cut all these in small pieces, and put them in a close Pipkin; and paste it fast that no air come out; and let it stand twenty four hours upon the fire and stew, but never boil; then open the Pipkin, and put in one French crowns weight of Fennel-seed, and red Rose-leaves, Borage, Bugloss, and Rosemary-flowers, of each a small quantity, of Prunes and Raisins of the sun, each a handful, the bottom of a manchet, boil all these together very well till it come to be pretty thick Broth, then strain it, and let the Patient take of this a reasonable draught at eight in the morning, and at four in the afternoon for three days together.

*To hold Urine.*

**T**AKE the Claws of a Goat, and burn them to Powder, and let the sick use hereof in their pottage a spoonful at once, it will help them.

*To stay a Looseness.*

**T**AKE *Sage*, and dry it on the fire between two dishes, and then put it in a linnen Bag,



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bag, and sit upon it as hot as you can suffer it, and continue it till you find ease.

*A singular Medicine that the Marks of the Small Pox be not seen.*

**T**AKE a piece of fat Beef being thoroughly powdered, and boyl it a great while, then take a good quantity of the fattest broth, and strain it, and put thereto a quantity of red Rose-water, and beat them well together a good while, and when the Pox begin to itch, anoint two or three times a day herewith till they be clean gone; and when the party is thoroughly well, let them take the broth of lean powdered Beef, and mingle it with white-Wine, and so let them wash their face therewith, and it shall bring it to the smoothness and colour, as it was before; in any wise keep not the throat nor face too hot.

*To dry up the small Pox.*

**T**AKE half a pint of new cream, and as much Saffron as will make it of a deep Saffron colour, and boyl them together half a quarter of an hour, and keep it in a glass, and when the Pox begin to wheal, warm some of the Oyntment in a sawcer, and anoint them with a feather twice a day till they be dried up.

*Dr*

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*Dr. Eaglestones cure for the small Pox or Measles.*

**T**AKE a quart of Ale or Beer, and seeth it in a skillet, and put thereto a good handful of Fennel, and six or seven Figs, scraped and cut in pieces, two good spoonfuls of Anniseeds, and a little Saffron, put all these to the drink, and let them seeth together till the liquor be more than half consumed, and in the seething scum it clean, and strain it into a bason, and when it is cold make a Posset of the same drink, and use to drink this often warm, and it will cause the disease to come forth.

*A most excellent Medicine that the small Pox be not seen in the face.*

**W**HEN the small Pox, are cleanly come forth, and that they begin to dry, take Sparma Ceti and warm it in a sawcer, and with a feather anoint all the places, often times in the day, as often as it drieth up, that no point of the Pox or any other spot shall be seen.

*To keep the small Pox out of the throat.*

**T**AKE a little Saffron and dry it by the fire, beat it into a powder, and so boyl it with a little Milk, and drink thereof  
morn-

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morning and evening, and it is excellent both to keep them out of the throat and to bring them kindly out, that they be not within the body to endanger them.

*An Oyntment for the small Pox when they begin to change at top and to prevent holes, Proved.*

**T**AKE a piece of fat rusty Bacon, and scrape away the outside very pure, then tye it to a spit, and set a pewter bason with fair water under the same, and let the Bacon drop therein, and when the fat of it is dropped away, then with a spoon beat that and the water together a quarter of an hour, then let it stand till it be thoroughly cold, then put the Water out, and put the Lard into another dish of fair water, so doing for four times, then after in like sort three times, with red Rose-water, then putting the water from it, being thorowly, put it up in a Gallipot; when you will use it melt it, and with a Feather anoint the Face day and night, once in a quarter of an hour till the Scabs be clean off, and afterwards as long as there remaineth any scurf.

*To keep the small Pox out of the Eyes.*

**T**AKE a blade or two of the biggest Saffron, and put that and Womens milk together, and so let it be in half an horn.

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hour, and then with a Feather anoint every quarter of an hour the out and inner sides of the eyelids round about as long as it is thought any Pox will come out; this will preserve the Eyes from all danger; use the like to the nostrils that the breath be not stopped.

*An excellent one for the small Pox when they have appeared and the party taken cold.  
Approved.*

**T**AKE a good handful of Camomile, and not the flowers but the leaves, then seeth the same and make Posset-drink thereof, and let it taste very strong of the Camomile, but take the Curd away, then drink a good draught thereof very hot four or five times, or as often as need requireth, until the Pox appear again; this is also very excellent to stay any looseness in the body; if it should be too bitter you may put a little Sugar in it.

*A Medicine to drive out the small Pox.*

**T**AKE of distilled Taragon water eight Spoonfuls, and put thereto six grains of Bezer or Unicorns-horn, or for want of those two, put so much Saffron, but the other is the better: let it be warm, double the  
the

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the portion as you see cause, taking nothing an hour before, nor an hour after.

*Another of the same, and to preserve from being Infected.*

**T**Ake a quart of new Milk, put thereto half a penny-worth of English Saffron powdered, boyl it till it be strong & yellow, give thereof a good draught warm in the morning fasting; take it every nine days three mornings together, mixed with Ivory and Harts-horn, of each a small spoonful. Use it as long as you fear Infection.

*Dr. Stephens for the Gout. Approved.*

**T**Ake two pound of Virgins Wax, of Bores grease half an ounce, of Sheeps suet two ounces, of Neatsfoot Oyl two ounces; of Plaintain and Rose-water each two darms, Spike-water one dram, of Dragon water half an ounce; as much of Borage-water, and *Dr. Stephens's* water, two Nutmegs, twelve Cloves, and some Mace of the best, beat them small together, and put them into a pot, and boyl it over a soft fire until it become a Salve; then chase the place where the party is grieved as hot as he may suffer, and then spread it on a fine linnen cloth, and lay it upon the place six or eight days.

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*The Countess of Mounteagles excellent Medicine for the Cramp. Proved.*

**T**Ake a handful of the Herb called Periwinkle; some of it beareth a blew flower, and some white, and also take a good handful of Rosemary tops, put them into a Pewter dish, and set them upon coals, dry them and turn them very often, and when they are very hot, lay them upon the place that is so taken with the Cramp, and bind a cloth upon them, when you go to bed, and this will help you, take it in the morning, and lay fresh at night.

*A Possiet Drink for one that is heart-sick to remove it thence, though it be the Plague.*

**T**Ake Ale and make Possiet-drink thereof, and clarifie it, then take Pimpernel and seeth in it till it be strong of it, and drink often thereof.

*Remedies against the falling Sicknes.*

**T**Ake Powder of Harts born, drink it with Wine, it helpeth that disease: so do Ravens Eggs taken with the juyce of wild Rue, and the juyce of Mistleto.

*To avoid Phlegm.*

**T**Ake clarified Possiet-drink, and put thereto sweet butter, the yolk of one Egg, and a little small Ginger,

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ger, Hyssop, red Mints and Sugar, let these  
teeth altogether, drink thereof first and last,  
as warm as you can suffer it.

*A very good remedy to stay a looseness that hap-  
neth in Child bed.*

**F**irst in the water you mean to use quench  
a gad of steel sundry times, then take  
inward barks of the Sole, of the Bramble,  
and of the young Oak, of each a like quan-  
tity, and so much as will suffice according  
to the liquor you intend to make; if you  
use three pints of water, a pretty handful of  
each bark will serve finely scraped; when  
they are well boyled, and one pint is wasted,  
strain your liquor, and make it into Al-  
mond Milk, with unblanched Almonds  
finely grown, then with well boyled Ivy  
thicken your Milk, and other Rice-broath,  
and season it with Sugar and Cinnamon finely  
beaten, let the party forbear drink as much  
as may be, and eat thereof once in two or  
three hours, a little at once, as her stomach  
will serve. If she have any gripe in her  
belly, I wish this to be used, which I know  
to be singular good for any stoppage by  
sudden cold in Child-bed: Gather a great  
deal of Camomile, and heat it well between  
two chargers upon a Chafindish of coals,  
and

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and when the moisture of the Herb is somewhat spent, strew in a handful of Cumminseed, and sprinkle it now and then with a little Malsey, and so being a little dryish, put it into a thin bag, and apply it to the belly as hot as may be suffered, and as it cooleth, warm it again, till she have ease: Instead of Malmsey you may use Muscadine. This hath been many times proved.

*For a knock or bruise in the Face.*

**T**AKE a piece of brown paper, and wet it in beer, and lay it where the knock is, and as it beginneth to dry, lay on a fresh a good while together.

*For a Wen.*

**T**AKE Stone Lime, and put it into water till it have done boyling, then take a quantity of it, and mix it with some barrel Soap, laying them both on a cloth, let it be applied to it, and it will eat away the Wen.

*Mr. Potter Chirurgion. His cure for a man that is bursten.*

**T**AKE the roots of baked Fern, and the roots of Elecampane, of each a like quantity, wash and pare them clean, cut them as small as you can, and stamp them  
in



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in a Mortar as fine as you can, and temper it with Oyl of Bay, and two spoonfuls of Oyl of Exeter, and when you have made the Salve, spread it upon his Cod to his Belly and lay the Plaister upon the hole, and remove it every two days, and then for the space of ten days, you must use another Salve or Plaister as followeth. Take a quarter of a pound of  
and the white of three or four Eggs, and temper them together; and when they are well tempered, put in two spoonfuls of Pescolion, temper all these together; and use the same as you did the former Salve: when you take off the Plaister, you must lay fine cloaths, under the bolster of the Truss, until the skin be grown.

*A Medicine to destroy Warts.*

**T**AKE Radish root, and shred it thin, and put it in a pewter dish, and cast salt upon it, and cover it with another dish, and shake the slices up and down, and take a piece thereof and rub the Warts therewith, then throw away that and use another, so three or four times a day.

*To take away Corns.*

**T**AKE Hogs greafe, that is not tried, and beat it with a Pestle, and spread it up-

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on

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on a piece of Cotton on the rugged side, and bind it on the Corns, dressing it once or twice a day, and it will wear them away.

*To take away Freckles or Morpew.*

**T**ake four spoonfuls of May dew, and one spoonful of the Oyl of Tartar, mingle them together. And wash the places where the freckles be, and let it dry of it self, it will clear the skin and take away all foul spots.

*The Lady Nevil for a sore Breast, by cold fester-  
ing of the Milk.*

**T**ake of Beans and linseed, of each a little handful, dry them and beat them to powder, then take a quantity of Milk, and the yolks of two new laid Eggs, and boyl them together, and put in the powder of beans and linseed, and boyl it to a Poultes, and lay it to the breast as hot as may be endured, and it will both draw and heal it; dress it twice a day.

*Dr. Soper his water for a sore Eye, or any De-  
fect or decay in the Sight.*

**T**ake of red, or rather of white Rose-water half a pint, of Lapis Calami-  
naris half an ounce, Lapis Lucius as much,  
beat

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beat them both to powder, and finely searse them, the dropping of Dale, Rhenish Wine half a pint, Honey half a spoonful, mix whole Cloves, Plaintain water half a quarter of a pint, of the Drugs of Aloes as much as a Walnut beaten to powder and finely searsed, shake them very well together half an hour or more, then let them stand twenty four hours before you begin to use it, stop it close, and it will be good for a year; when you use it you must put in a drop with a quill into the corner of the Eye and let the party lean back a quarter of an hour; use it morning and evening.

*To take a white skin from the Eye that came by some blow, though a quarter of a year since.*

**T**AKE the Gall of a white Cock Chicken, and a drop or two of Life Honey, mingle them together in a Sawcer on a few Embres, and drop it three or four times a day into the Eye.

*For breaking out of young Childrens heads.*

**T**AKE Butter and Salt, and fry it together till it be black; and when it is cold, anoint their head, Or else take pure Sallet Oyl and Vinegar, and beat them together, anoint the place morning and

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evening till they be whole. Whey made with Agrimony and Scabious, and Wormwood is excellent to clear the blood.

*An excellent Medicine for a Scald or Burn newly done.*

**T**Ake Horse-dung newly made, or as new as you can get, and strain it through a thin old cloth, and therewith anoint the place two or three times a day, and every time dip the cloath in the Horse-dung, to strain it, and bind it to the sore all day and night, it will cure you.

*The Countess of Arundels Drink for the Scurvey.*

**T**Ake of Fumitory and Scurvey grass, that which grows by the Seaside, of each twelve little handfuls, of Brooklime three little handfuls, of Watercresses six little handfuls, wash and dry them very clean, and stamp them, and hang them in three gallons of strong Beer or Ale; when it is stale, drink a good draught in the morning, fasting an hour after, another an hour before dinner, and another half an hour before you go to bed, the more exercise you use after it the better, it is needful to be well purged, before you take this drink or any other, use it three weeks or a Month together,

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ther, if you cannot have green Fumitory, use it dry.

*Paracelsus his Plaister called Emplastrum Fodicationum Paracelsi, good for many Diseases herein mentioned; translated out of Latine into English,*

**T**AKE of the four Gums, that is to say, Galbanum, Opoponax, of each one dram, Ammoniacum, and Bdellium, of each two drams, let them be beaten very small, and put them in an earthen pot leaded or glazed, pouring upon the same very good Vinegar of Wine, and let them so remain a day and night, then boyl them in the same Vinegar upon a great fire, that the Gums may melt, and when they be thoroughly melted, pour out the same hot into a bag, wring or press the same, that they may be well cleansed from the dregs, which dregs must be cast away, take the said Liquor so strained out, and let it boyl till the Vinegar be wasted, and utterly evaporated; in the boyling you must continually stir it without ceasing, lest the Gums be burned, keep this very clean and covered, that nothing fall into it, then take Oyl-Olive two pound, new Wax half a pound, and let them be put into an earthen pot,

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well leaded or glazed of a sufficient bigness, set the same on a fire of coals, and let them melt at leisure ; at the length put into it a pound and a half of Lithargy beaten into very fine powder, stirring it continually with a stick or Spatula by little and little until it be thoroughly mixt together, and the matter be a rawny colour ; afterwards take the aforesaid Gums that were first boyled, and put the quantity of a nut into the said matter, and so by little and little, at several times, put into it such a like quantity of the Gums at each time, till the Gums be all put in, and mix well with the other things, and melted. And you must take more withal, lest the matter be overmuch heated, and boyl over and run into the fire, for it is very hot of it self ; afterwards put in the things following into it ; of the two kinds of *Aristolochia rotunda*, *Calaminaris*, *Myrrhe* and *Frankinscence*, of each one dram, beat them into fine powder, that are to be made into powder, and put them into the said matter, and pour on it one dram of Oyl of Bays, and put therein lastly four drams of white Turpentine, boyl them and stir them about continually with careful dilligence, and when you will know whether it be sufficiently sodden, put a little thereof

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thereof into cold water, and if it be not so soft that it cleave to your fingers, it is well, otherwise it must boyl longer, then take it from the fire; and pour it into a bason full of water, and when it is well cooled, that you may handle it, anoint your hand with Oyl of Camomile or Roses, and kneed it well three or four hours, and lay it up in a cleansed vessel, it will last above fifty years and be then as good as at the first day it was made.

*The Virtue of the Emplaister out of Paracelsus.*

**I**T is good for old or new sores; it drieth, cleanseth, and breedeth good flesh, it confirmeth and comforteth, it healeth more in a week than other in a month, it will not suffer any sore to putrefie or corrupt, or any dead or evil flesh to grow; for Sinews cut, bruised, or pricked with a Thorn, or otherwise, it is most excellent; it draweth out of Wounds, Iron, Wood or Lead, and other the biring of venomous Beasts; it causeth all kind of imposthumes, or Biles to ripen, if it be laid thereon; and it is most excellent against the Canker and Fistula, the Shingle or Saint *Antonies* fire; and also a soveraign and speedy help against all pains, to assuage all aches, and for all kind

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of wounds; also I *Thomas Porter* have found often experience, it is singular, and special help for bones out of joynt, by laying one or two plaisters, or three at the most: I have healed in fourteen days Arms out of joynt, so that those parties have said they have had no pain nor weakness after. Also for thrusts you must not tent them, unless they matter before you come to them, but only lay of this over it, and two Plaisters is commonly sufficient to heal it, or any other sore or swelling; but if dead flesh be in a sore before this Plaister be laid on, it will not destroy it, but it must be plucked out; but if it find none it will suffer none to breed. When you lay up this Plaister, put it in oyled Paper or oyled Leather, or both, it will keep it the better from overmuch drying, and you must lay it out of the Sun and Wind.

*For the biting of a mad Dog, or stinging of an Adder.*

**T**AKE a handful or more of Hazle-Nut; a quarter as much of Rue, with a Clove of Garlick, stamp them all together, then take the juyce, and put a little Treacle to it; and if it be a man that is stung or bitten, give it him to drink in Beer or Wine,



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Wine, or Ale; but if a Dog, give it in Milk; then take that from whence the juyce came, & bind it to the place which was bit or stung.

*For the biting of Snakes.*

**S**Tamp Garlick, and lay it to the place that is bitten.

*Dr. Lukeners, for one that is stung with Wasps.*

**M**Ake a little Plaister of Treacle, and lay it upon the place that is so stung, and it will help it.

*An Oyntment for a great or hard Belly, by Ague, Worms, or Spleen.*

**T**AKE the finest common Wormwood, Garden Tansey, Featherfew, Laven-  
der Cotton, Southernwood, unset Leeks, blades and all, parch leaves, Herb-grace, of each one little handful, wash them and dry them then take a good pound of Barrows grease, and stamp all in a wooden dish, then set them eight or nine days in a Cellar, or low place till they have a hoar all over them, then break them all together, and put them into an earthen pot, and set them on a soft fire, and let them boyl a good hour, then strain them through a clean cloth into a Gallipot or glass, and so keep

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It for a precious Oyntment, it will last a year well; when you use it, you must warm it, and anoint the belly of the Patient morning and evening. Proved by Mrs. Joyce, Widow.

*The old Lady of Oxfords Oyl of Exceter, which is good for all manner of cold Gouts, Sciatica, and all manner of Aches in the Flesh and bones, and also for Bruises. Proved.*

**T**AKE one pound of Cowslip-flowers picked out of their cases gathered in April on a fair day when the dew is gone, and soufe them in Oyl Olive, so much as will cover them, let them lye in it till June in a glass; then take Calamint, Herb John, Sage, Agrimony, Southernwood, Pellitory of Spain, Rosemary, Wormwood, Penniroyal, Lavender, Cammomile, Hirse, Laurel leaves, flower of Lillies, Pelitory and Featherfew, the tenderness of the Ivy and Broom-flowers, of each one little handful; stamp them all together well, and then infuse them in white-Wine, so that they may be covered all over therein, so let them remain fourteen or fifteen hours, then put them in Oyl-Olive so that the liquor may near swim, so boyl it together on a soft fire, and stir it well till the rawness and wet-

ness

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ness of the Oyl be gone, then strain it through a Canvas cloth into a pewter dish or glass, for earth nor wood will not hold it and use it for a singular good Oyniment, and above all other approved. If there be any pieces in the pan which the said Oyl is boyled in, it will run out, after the herbs are once hot; it must be continually stirred on a very little fire, no more than an Egg will abide without breaking.

*To make a Sear-cloath against Swellings and Aches. Approved.*

**T**AKE Bloom flowers two little handfuls, red Bramble leaves one little handful, this Bramble beareth but three leaves together, and groweth low on the ground, take it off on the middle leaf, a piece of unwashed Butter, and pound the herbs aforesaid, with two or three Cloves, and then boyl them in Butter, and strain, and take a piece thereof with a little piece of Wax, and being melted together, make a Sear-cloath with it, also take Oyl of Broom, Brambel, and Butter, and temper it with a little *Aquavite*; it is good against Aches, to be uted and rubbed on the Aches in the morning, but not at night.

*The*

*The Lady Leonards green Oyntment.*

**T**AKE red Sage leaves, and Rue, of each one pound, the youngest Bay leaves and Wormwood, of each half a pound, gather these in the heat of the day, pick them; wash them not, cut them small, & beat them long in a fair Mortar, then take half a pound of Sheeps suet hot from the Sheep, mince it small, and put it to the herbs, beat it together till it is all of one colour, then put all into a clean bowl, put it to a pottle of the best Oyl-Olive, work all these well until all become alike soft, then put it into an earthen pot well stoppt for eight days; then with a soft fire seeth it in a fair pan, put to it four drams of the Oyl of Spike, when it is half sodden; being sodden, strain it through a clean Canvas into clean Gallipots stoppt close with Parchment and double sheeps leather, anoint the place grieved therewith, rubbing it every day before you leave it, if you put a clean warm cloth after you have anointed the place thereon it is better: this is made only in *May*, and will last many years being close stoppt, and cool kept.

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*The Lady Smith's Remedy to bring a young Child again when it is born.*

**T**AKE a little Coventry-blew Thread, burn it, and hold it to the Child's Nose, that the smokk may go up.

*To bring away the after-burthen, although a day or two after the Delivery.*

**T**AKE Rye, and crede it as you do Wheat for Furmity, and make a Caudie of it, so let her drink a good draught once or twice. This is proved.

*For one bound in Body, though a Woman with Child.*

**T**AKE a pint of Whitewine, a quarter of a pint of Damask Rosewater, twenty Damask Prunes, forty Raisins of the Sun stoned, a little whole Mace, and a few Aniseeds ty'd in a Cloth; let these boil leisurely together, and put thereto either Sugar-candy or fine Sugar, and when it is boiled to a Syrup, take out a little of it, and strain it through a fine cloth with a little Manna, and put into the Syrup, and let it simmer together a good while, then put it into a glass, it will keep good a good while, as half a year, and when you have occasion to

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to use it, you must take one of the said Prunes, and two or three Raisins, and eat them in the morning fasting, and take a spoonful also of the said Syrup, fasting two or three hours after the same.

*Dr. Aikinſon's Glyster for the Wind.*

**T**Ake Camomile, Mallows, Violet-leaves, Bert leaves, Bean and French Barley one little handful, of Fennel-seed and Anniseed each two spoonfuls; boil all these together with a Rack of Mutton till the flesh be very tender, then take a pint of the fattest liquor strained, and put into it two drams of the Oyl of Rue, or Oyl of Camomile, and for want thereof a little Dish-butter melted, two drams of course Sugar, and one or two yolks of Eggs.

*To bring away a dead Child, or after-burthen.*

**T**Ake Saffron, Mace and Cinamon, beat them to powder, and searse them, and take of the powder a just quantity, give as much as will lye upon the point of a Knife in Ale, Beer, or one spoonful of what they best like.

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*Agente Purge which taketh away a Tertian Ague  
being given the fourth Fit. Proved.*

**T**AKE a dram of Rhubarb, and infuse it  
in Succory-water six spoonfuls, three  
hours together on a very gentle fire, then  
strain it, and put in it half a dram of Syrup  
of Rhubarb, three spoonfuls of Syrup of  
Roses, and a spoonful of Cinnamon-water;  
take this fasting after a fourth Fit, when  
they are not sick: If this be too weak to  
purge a strong body, add thereunto two or  
three drams of the leaves of Sena, with a  
few Fennel seeds to quicken it more; if it  
be always made with this addition, it is the  
better.

*The Lady Goring's Water for an Ague, Sicknes  
or Foulness in the Stomach, and to purge the  
Blood.*

**T**AKE dung of a Stone-horse that is kept  
in the Stable when it is new made,  
mingle it well with Beer and a little Ginger,  
and a good quantity of Treacle, and distill  
in an ordinary still; give of this a pretty  
draught to drink.

*The Lady Goring's Remedy for a Burn or Scald.*

**T**AKE Hogs-fat, or Seam made of it, melt  
it, but let it not boil, put into it the  
whi.e

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white of a new laid Egg or two well-beaten, and stir it continually on the Embers till it be like an Oyntment ; keep it for your use, anointing the sore twice a day with it.

*The Lady Goring's Remedies for a sharp Urine.*

**B**Oil running water with Liquorish, till it be something strong of it, boil also in it a Pippin or two ; when it is boiled, put in also some brown Sugarcandy, drink of it every morning fasting a pretty draught.

*For Deafness. Proved.*

**T**AKE Linseed Oil and *Aqua vite*, shake them together in a glass Bottle, and set it in the Sun a month or five weeks, shake it well every day, and when you use it, put a little into the Ear, and stop it with a little black Wool.

*An approved Receipt to stop bleeding at the Nose,  
Wound or Cut in Man or Beast.*

**T**AKE the flax of a Hare, the Moss of an Ash-tree, and powder of Bolearmoniack, chop them together, and wet them a little with fair Water, and put it into the Nostril that bleeds, and stir it not in twenty four hours ; if it be of a cut or wound, look first if there be not little pieces of loose Flesh



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or Skin that hangs; if there be, clip it away, or else the Blood will not stay, then lay the aforesaid Medicine to it, and stir it not in twenty four hours.

*The Lady Nevil's Remedy for the Stone.*

**T**ake the Herb *Aurea*, or Gold Wire, dry it and keep it all the year, and every full of the Moon take a spoonful of the Powder in six spoonfuls of Milk and Water, and one of Whitewine; or you may take it in Plantane-water or Vervine-water, or any that is good for the Stone; it is also good to take it in the Fir.

*The Lady Mildmay's Drink for a Cough or Cold.*

**T**ake of Liquorish scraped and sliced, of Anniseeds rubbed and bruised, of Raisins of the Sun stoned, of Figs sliced, of Hyssop-tops, of each one little handful; and a great handful of Coltsfoot; boil all these in a gallon of running water, until two or three parts are consumed, then strain it, and stir it in three or four good spoonfuls of Honey; take this in the morning fasting, at four a clock in the afternoon, and when you go to bed, four spoonfuls at a time warm.

*Mrs.*

*Mrs. Chaunce her Receipt for the Spleen and Melancholy. The Preparative.*

**T**Ake of the roots of Parsley, Fennel, Bruscus, Asperagus, of each four ounces, the seeds of Fennel, Annise, and Caraway, of each a dram and a half; of the bark of Capers and Tamarisk, of each an ounce and a half, of the leaves of Mugwort, Borage, Bugloss, of each one little handful, of Cetrarch and Dictamum of each one little handful; boil all these things in three pints of Conduit-water till half thereof be consumed, then strain it and put to it Syrup of Harts-tongue, and Syrup of Succory, and Rhubarb in powder or sliced, of each four ounces, then let it stand all night, and the next day clarifie it, and after put to it the Spices of *Letificans Galeni* and *Diamuscum Dulce*, each two scruples: Take of this in the morning fasting six ounces, and as much an hour before supper, take it thus two days together, then take the Purge following.

*Mrs. Chaunce her Purge.*

**T**Ake of Sena three drams, of Epithymum and Polipody of the Oak, each two drams, of Fennel, Annise, and Caraway-seeds, each a dram and a half, Carduus-seed.

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seed two scruples; boil them all in a sufficient quantity of Conduit-water until it come to three ounces; then put to it of Rhubarb a dram and a half, infused in Succory-water, of the Syrup of *Augustanus*, and syrup of harts-tongue each one ounce, to make a potion, and take it three times every third day; take one of these, and take it at night when you go to bed, of *Diascordium* two scruples, of Alkermes dissolved in Borage-water one dram.

*Mr. Powel, for the Stone and Cholick;*

**T**AKE the quantity of half an hazel-nut-kernel of Mithridate, and so much black sope, and mix them together, and take a broad Onion and cut off the top, and make it somewhat hollow, and put the black Sope and Mithridate in it, and cover it with the piece you cut off, wrap it in paper, and roast it in embers until it be very soft, then put it between two linnen cloths warm, and lay it to the Navel, and pin the Cloths upon the back, so use it till you find ease.

*Mr. Rowland Haughton's Receipt for the cure of the Stone.*

**T**AKE Arsemart, otherwise call'd Redshank, and distil it, and take it in the evening  
when

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when you are warm in bed, to the quantity of half a pint, and the like in the morning a little before you rise, about some four times, then take Barberries, and take the outside rind of them and beat them into very fine powder, and take every morning and evening, and drink either a draught of the said Water or small Beer after it: Continue this, and it will cure you.

*For an Ague congealed, or fallen into a Woman's Breast.*

**T**Ake a quantity of Stone-Honey, and the rustiest Bacon you can get, Smal-lage, Alexander Redcole, Marigolds with black seeds of Groundsel, Plantane and Sage, of each a quantity; put all these in a mortar, and stamp them as small as you can, then lay the salve upon a piece of white Leather, and to the place where you would have the Breast break; the Plaister must be spread upon the rough side of the Leather.

*An approved Medicine by the Lady Bray for the Ague falling into any part of the Body.*

**T**Ake of Parsley one little handful, Smal-lage and Hemlock, of each as much, chop them small, and stamp them, and put thereto a quantity of Barrows-grease, and stamp

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stamp them all together, then boyl them a good space, stirring it continually until it wax green, then strain it; and when you use thereof, take some in a saucer, and anoint the place with a feather against the fire.

*The Lady Arundels special Remedy for the Stone, Back, or Stomach, or to make a Woman conceive.*

**T**AKE the roots of Sea-holly, it groweth by the Sea side like little Tree of half a yard long, some name them E-ringoes) and make it in a syrup, and eat of it in the morning fasting, and at four a clock in the afternoon, and before you take it, take some gentle Pills, but once in the beginning.

*The Lady Darcres Medicine proved, for the Stone and Strangury.*

**T**AKE black Bramble berries when they be red, Ivy berries the inner pith of Ashen Keys, Estlantine-berries, the Nut Keys, the roots of Filipendula, of all these a little, Acorns, and the stones of floes, of each a like quantity, but not so much of either of these as half of any of the other; dry all these in Platters in an Oven, till they will be beaten to powder, then take  
Cro-

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Cromel-seed, Anniseed, Saxifrage, Alexander, Parsley, Coriders, Fennil-seeds, the seeds of each of these the like quantity of the first, and dried it in like sort, then beat all together in the like sort to fine powder, then take Liquorish fair scraped the best you can get, as much in quantity as all these, and beat it fine, and mingle it with the powder, and keep it close from the wind, and so use it morning and evening with posset-Ale, with Time of the Mount boyled in it, make your posset-drink with white-Wine, or other drink, and when you eat any pottage or other broth, put some of the powder in it if you be sore pained, and if you have a stone, it will come away in shivers, and if it do so when you drink, your water is clear, take this drink following, and it will leave no corruption or uncleanness in the Bladder.

*The Drink.*

**T**AKE Rosemary and wild Time, and seeth them in running water with as much Sugar as will make it sweet, boyl it from a quart to a pint, use the quantity of the Herbs to your discretion, so that it may savor them well, and use it nine mornings, six or seven spoonfuls at a time.

*M.*

*Physicall and Chirurgical Receipts.* 145

*Mr. Eldertons Medicine for the extremity of  
the Cholick and Stone.*

**T**AKE Ashen Keys, and dry them in an Oven, take out the kernels from the husks, beat them into powder, and searse them fine and keep it; then take Eglantine-berries, dry and beat them as the other, then take of them with a feather, then searse it as above, take House-leek, dry and searse it as the other, take a little quantity of the three powders, and put them together, take Anniseeds and Liquorish, of each a little quantity, dry them severally and powder them, being fine searsed, put them with the other three powders, a little quantity of both, and take a spoonful of these powders or less, and mingle all together, and put into it three or four spoonfuls of white-Wine or Ale, and drink it in the morning, fasting one hour after it: Thus drink it once in six days, or else when you are grieved, and you shall never find pain of the Cholick nor Stone, The seed of great Nettles must be beaten to powder, and mix with them, and it will be better.

*For a Pain or Web in the Eye far gone.*

**T**AKE the marrow of a Goose-wing, and mingle the powder of Ginger therewith

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with, dress the Eye therewith two or three  
times, a day.

*A Medicine for the Eye-aching, or redness  
thereof.*

**T**AKE a Viol glass, and fill it full of fair  
running water, and put into it fine  
Sanguis Draconis, the quantity of a Hazel-  
nut, it will help the eye.

*For sore Eyes that come from hot Humors.*

**T**AKE Elder-leaves, and chafe between  
your hands, and lay it to the Nape  
of the Neck.

*For the Pin and Web in the Eye, so it be taken  
before the sight be quite extinct.*

**T**AKE a little handful of three leaved  
grass, that hath the sign of the Moon in  
it, as much roots and leaves of Daisies, and se-  
ven or eight corns of Bay-salt, beat all these  
together, then strain them through a cloth,  
and take two new laid Eggs, and beat the  
whites of them a good while, then let them  
stand a quarter of a hour, and then take  
off the froth clean, and take the clear of the  
whites, as much as the quantity of the joyce  
of the said herbs, then take the quantity of  
two Hazel-Nuts of English Honey and stir  
them



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them together, and let the party be laid up-  
right, then drop three drops with a feather  
into the Eye, and lye still a good while af-  
ter; this must be used at least twice a day.

*For red Eyes, Pearl, Pin, or Web.*

**T**Ake Verjuyce that is made of Grapes,  
and put it morning and evening into  
the sore Eyes; some will put a little Salt  
with it.

*Dr. Friers excellent Remedy for Heat and Pim-  
ples in the Face.*

**T**Ake of Plaintain leaves four little hand-  
fuls, and of Mallows or Tansey one  
little handful, of Cinquefoil half a little  
handful, and as much of Strawberry leaves,  
there must be this quantity of every sort;  
when they are pickt clean, then take a pottle  
of new Milk from the Cow, and put it in a  
Still, with the same Herbs, until it be drop-  
ped a quart, then let it drop no more; you  
may keep it a whole year in a glass, when  
you use it wet a cloth in some of it, and  
wash your face at night in bed, and often in  
the day; the best time to fill it is in *May*.

*For heat and sourf in the Face.*

**T**Ake a pint of Cream as thick as can  
be scummed, then take of Cammo-  
H mile

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mile one little handful, pick, wash, and shred it very small, then put it into the Cream, and let it boyl very softly till it come to an Oyl, never stirring it after the putting in the Herbs at first, but scum it clean when you see the Oyl come to the top; then let it boyl a little faster and strain it through a fine linnen cloth, and then anoint the face therewith.

*A very good Medicine for a Tetter.*

**T**AKE red Doek roots, wash them, scrape them, and cut them into slices, and lay them in white Wine Vinegar a night or a day, and then use it to the place grieved, washing the place with the root, and t heliquor many times.

*To skin the rawness of a womans Nipple.*

**T**AKE a Deers foot, and take the Marrow thereof, and anoint the Nipple therewith.

*To dry up Milk in Womens Breasts.*

**T**AKE a quantity of *Aquavite*, and a quantity of sweet Butter, melt and temper them together, and anoint the Breast therewith, laying a brown Paper betwixt them, and so do as often as the paper drieth, till the Milk be dried up; this

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it is also good to keep the Ague out of the Breast.

*To make a Woman have a Nipple that hath none, and would give suck.*

**T**ake a wicker bottle that hath a little mouth and fill it full of hot water and stop it close till the bottle be through hot, then let out the water, and set the mouth of the bottle close to the Nipple; as long as there is any heat in the bottle it will cleave fast.

*To heal the Nipple of a Womans Breast.*

**T**ake a quantity of Cream, and put it into the juyce of Valerian stamped and strained, and as much of the juyce of Sea-green used in like sort; boyl all these together till it come to be as Butter, then take it and put it into a box, and anoint the Nipple therewith three or four times a day, and lay a Walnut-shell, or some other hollow thing over it to keep the clothes from it till it be whole, or else make a Posset-Ale of Allom, and lay the curd to the Nipple warm, till the Child doth suck, and then lay on again.

*A Medicine for Worms in young Children.*

**T**ake a Plaister of white Leather, or brown Paper, and spread it with Honey,

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ney, warm it a little against the fire, but first strew some of the best Aloes Succotrina thereon, then lay it all over the Stomach of the Child warm; the like Plaister is to be laid on the Childs Navil at the same time; if you have no Honey, mix the Juyce of Plantain, and lay it on the Leather.

*Dr. Fosters Infusion purging Choler.*

**T**Ake Damask Roses two ounces, of Rhubarb two drams and a half, of Spikeword one scruple, of Orcin one Scruple, cut all small, and infuse in a quart of clarified whey all night, in the morning strain gently, and put to it one ounce of Syrup of Roses or Syrup of Violets.

*Dr. Fosters Infusion purging Melancholy.*

**T**Ake Fumitory, Epithymum, flowers of leaves of Borage and Bugloss, of each a good half a handful, Polypody of the Oak one ounce, Sena half an ounce, Fennil-seed two drams, Whey three pints; infuse and boyl to a quart, whereunto add two ounces of Syrup of Roses solutive; the Dose is half a pound, you may quicken a draught with a dram of Electuary of Roses.

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*Opening purging Juleb, and cooling for Choler  
and hot Humors.*

**T**ake of Barley two little handfuls, and Savory with the roots, Maidenhair, Liverwort, Sorrel, each half a good handful, of roots of Grass, of Fennel, each half an ounce, of the four cold seeds, each two drams, boil them in a sufficient quantity of Succory-water unto sixteen ounces, in which infuse half an ounce of Sena, Tamarinds and Poppy of each three drams; Jalap and Hermodactils, of each two drams, Fennelseed, Anniseed and Liquorish, of each one dram, Carrans bruised half an ounce; of Borage, Bogloss, and Rosemary-flowers of each one dram; infuse these warm, then boil them until five ounces of the Succory-water be consumed, then strain it, and add the expression of four scruples of Rhubarb infused in three ounces of Manna, and Syrup of Marsh-mallows one ounce, of the Crystals of Tartar one dram; mingle them: The Dose is four or five ounces every morning.

*Dr. More's Powder, or grossly-prepared Drug, to be taken in the Mornings, and after Meals, to mend Concoction, comfort the Brain, break Wind, and make sweet Breath.*

**T**ake Liquorish cut small, Anniseed-Comfits with one skin of Sugar, of each two  
H 3 ounces,

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ounces, sweet Fennelseed Comfits with one skin of Sugar, Corianders prepared and Caraway-seed, of each one ounce; of white Ginger, Cinnamon, *Calamus Aromaticus*, and Nutmegs, of each one ounce, cut very small, of the Lozenges of *Aromaticum Rosarum*, of *Manus Christiæ*, with *Chymica*, Oyl of Cinnamon, Cloves and Lozenges of *Diambra* cut into small pieces, each half an ounce, to be taken about a spoonful at a time aforesaid.

*Lucatellus's Balsam, admirable for all Wounds.*

**T**AKE *Venice-Turpentine* one pound, Oyl-Olive three pints, Sack six spoonfuls, yellow Wax one pound, natural Balsam half an ounce, Oyl of St. Johns wort, red Sanders powder, of each one ounce, wash the *Venice-Turpentine* three times in red Rosewater, then slice the Wax thin, and set it on the fire in a big Skillet, and when it is well molten put the Turpentine to it, and stir them well together till they boyl a little; take it off the Fire, and let it cool till the next day, then cut it into thick slices, and pour all the water out of it, then set it on the fire again, and when it is molten stir it well, and put into it the aforesaid Oyls, Sack, Balsam, and Sanders, and stir them well together till they may incorporate, then

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then let it boyl again for a short space, take it off the fire, and stir it well for the space of two hours, that it may become thick, and when it is cold put it up in several Gally-pots, and when you use it apply it tented into a deep and hollow wound; if it be only a slight cut, anoint the wound with it, and bind it fast on with the cloth.

*A Purge by Dr. Mayhern.*

**T**AKE of the best Sena six drams, Rhubarb two drams, Cream of Tartar half a dram, of sweet Fennel seed as much, and a little Cinnamon; infuse all these one night in half a pint of Whitewine; in the morning let it boil one walm or two, strain it, and put of the best Manna an ounce, dissolve it over the fire, then strain it again, then put to it an ounce of Salatine, Syrup of Roses, so drink it, fast two hours after from Meat and Drink and Sleep, and then drink nothing but thin Broth.

*An approved Medicine to beautifie the Face, or to take away Pimples or Heat in the Face.*

**T**AKE a fair earthen Pipkin, and put into a pottle of clear running water, and an ounce of white Mercury beaten to white powder, then set it on the fire,

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and let it boyl until one half be consumed, and keep it close covered, saving when you stir it, then take the whites of six new-laid Eggs beaten half an hour or more, and put it into the liquor, after it is taken from the fire ; you must put in also the juice of Lemons, being very good, and half a pint of new Milk, and a quarter of a pound of bitter Almonds blanched and beaten, with half a pint of Damask Rosewater ; strain all these together through a strainer, and let it stand three weeks before you use it, and I will warrant you fair.

*An excellent Water for the Eyes that are red or full of Rheum.*

**T**Ake young Hasel-nuts when they are so soft that you may thrust a Pin through them, still them in a Rose-still, huske, shells and all, and with the water wash your Eyes.

*To cure a wound, though the Patient be never so far off.*

**T**Ake a quart of pure Spring-water, and put into it some Roman Vitriol, and let it dissolve, then if you have any Blood of the Wound either in linnen or woollen, or silk, put the cloth so blooded into the water and rub the cloth once a day, and if the wound



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wound be not mortal the Blood will out ; if it be, it will not. Let the Patient keep his wound clean, washing it with White-wine; whenever you wash the cloth, the Party wounded shall sensibly find ease ; let the cloth be constantly in the Water.

*To make Oyl of Swallows.*

**T**ake Swallows as many as you can get, ten or twelve at the least, and put them quick into a Mortar, and put to them Lavender, Cotton, Spike, Camomile, Knot-grass, Ribwort, Balm, Valerian, Rosemary-tops, Woodbine-tops, strings of Vines, French Mallows, the tops of Alehoof, strawberry strings, Tutsane, Plantane, Walnut-leaves, tops of young Bays, Hyssop, Violet-leaves, sage of Vertue, fine Roman Wormwood, Brooklime, Smallage, Mother of Time, of each of these a handful, two of Camomile, and two of red Roses ; beat all these together, and put thereto a quart of Neatsfoot-Oyl, or May Butter ; stamp them all together, and beat them with one or two ounces of Cloves, and put them all together in an earthen pot, stop it very close with a piece of dough round about, so close that no air can come out ; set them nine days in a Cellar, and then take them out,

H 5

and

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and boyl them six or eight hours on the fire, or else in a pan of water ; but first open your pot, and put in half a pound of Wax, white or yellow whether you will, and a pint of fallad-Oyl, and strain them through a canvas cloth.

*To make Lead-Plaiſter.*

**T**Ake two pound and four ounces of the best and greenest fallad-Oyl, with a pound of good red Lead, and a pound of white Lead, beat them well into dust, then take twelve ounces of Castile-soap ; incorporate all these well together in a well-glased and great earthen pot, that the soap may come upwards ; set it on a small fire of Coals the space of an hour and a half, always stirring it with an Iron Ball or round Pummel ; then make your fire somewhat bigger until it be the colour of Oyl, then drop a little on the Board, and if it cleave neither to your finger nor the board, then it is enough ; then take the cloaths and make them into what breadth or size you please in scarcloth ; let not your cloth be coarse, but of a reasonable new Holland, and when you have dipped them, then rub them with a slick stone, it will last two years, and the older the better, as long as it will stick it is good.

*The*

*The Vertues of the Leaden Plaister.*

1. **I**F it be laid to the stomach, it provoketh Appetite, and taketh away any Griet in the same.
2. If laid to the Belly, it is a present Remedy for the Ach.
3. If laid to the Reins of the Back, it cureth and healeth the Bloody Flux, the Running of the Reins, heat in the Liver, or weakness of the Back.
4. It healeth all bruises and swellings; it taketh away Aches; it breaketh Felons, Pusles, and other Impoisthumes, and healeth them.
5. It draweth out any running Humour without breaking of the skin, and being apply'd to the Fundament, it healeth any Disease there growing.
6. The same laid to the Head, is good for the Eyes.
7. The same laid to the Belly of a Woman, provoketh the Terms, and makes apt for Conception.

*For the Stone and Gravel.*

**T**AKE and dry the roots of red Nettles, make them into powder, and drink a spoonful of powder in a draught of White-wine somewhat warm, and it will break the  
Stone

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Stone though it be never so great, with speed use it every day until the Stone and Gravel be all broken and consumed. A thing of small price, and great vertue.

*A Drink to purge the Body, being very good for them that have the Scurvey, or are inclined to it.*

**T**AKE a pottle of fine running water, and a pint of Rhenish Wine for a young body, and for an elder take a quart, set it on the fire, put into it three or four slices of Horse radish, a great handful of Water-creffes and a handful of Brooklime, both a little bruised, slice in two or three Oranges, outsidcs and insides, let them boyl all together better then half an hour, then have ready a greater quantity of Scurvy-grass bruised, or a pint of the juyce of Scurvy grass ready strained, and put into it the liquor, and set it over the fire again, then there will arise a curd, which being taken off, put into the drink when it is cold three or four Lemons, more or less, as best pleaseth the taste, sweeten it with Sugar, and drink a Wine draught in the Morning, and at four a clock in the afternoon, and then walk and use some exercise after it. The party that hath the Scurvey, and whose legs are much swelled; may put into the drink some Juniper berries bruised, half an ounce or thereabout.

*Dr.*

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*Dr. Bates his Medicine against a Consumption.*

**T**AKE Liverwort two handfuls, Succory six, Endive, Borage, Coltsfoot, of each six handfuls, shred these finely, put them in a gallon of new milk, let them steep all night, in the morning distill them in a glass still, then take three Spoonfuls of red Rose-water, three Spoonfuls of this water, with half a pint of red Cows-Milk and as much Sugar of Roses as will sweeten it.

*To make Galscein Powder.*

**T**AKE the black tips of Crabs Claws, when the Sun is in Cancer pick out from within them all the fish; beat them to as fine a powder as you can, then searse it through a very fine searse, take an ounce of this powder, and put to it half an ounce of the Magistral of Pearl, and as much of the Magistral of Coral, mix them well together, then put a little Rose-water in a glass, in which you must hang a little Saffron in a bag, and a little Musk and Ambergreece in another; let them hang in Rose-water two or three days, till the virtue of them be gone into the water, then put your powder either into a silver Porringer, or a white earthen one, and put as much of the  
Rose.

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Rose-water as will moisten your powder, then dry it in the Porringer by a gentle fire, and so wet your powder three or four times and as often dry it, after this make a Gelly as followeth.

Take a Viper alive in *May* or *June*, cut off his head and tail, above his Navil, pull off his skin, and with a clean cloath rub it dry, and so you may hang them up, and take two of those and slice them small with a little hearts-horn, and make a Gelly of them, you need not make much; then when your powder is dry, wet it three or four times with this Gelly, and as often dry it, and at last put no more Gelly than will moisten the powder, then put it up in balls as big and as little as you please, and dry them in a Stove, and so keep them all the year.

Take of this Powder twelve or fourteen grains, either dry or in a spoonful of small Beer, in which there is a little Syrup of Clove-gilliflowers.

*Certain Plaisters and their uses.*

1. **E**mplast. Deminum two pound; it is good for all kinds of bruises or boiles, or old sores, &c.

2. *Emplast. Mellilot* two pound; it is good for all sorts of green wounds, or bruises or swellings,

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swellings, or to breed flesh being wanting:

3. *Diapalma* two pound; it is a very fine drying Plaister, and a good defensive to defend wounds from Inflammation, &c.

4. *Oxicroceum* four ounces it is an extraordinary good warming Plaister for broken bones, or any cold cause, &c.

*Certain Oyntments and their use.*

1. **U**nguentum *Daislea* one half pound it is good to assuage pain, dissolve swelling or hardness.

2. *Unguentum Populeon*; it is a great cooling Oyntment for fire, or any great inflammation, or any burning.

3. *Unguentum Album* six ounces; a fine cooling skinning Oyntment to mix with others, &c.

4. *Unguentum Nervinum* four ounces, it is good for all cold causes of the Sinews or Joynts.

5. *Unguentum Tutia* two ounces; good for warring sore eyes.

6. *Unguentum Basilicon* seven ounces; good to fill hollow Ulcers with flesh, and apply a Plaister on the top of it.

7. Balsom two ounces; good for all sorts of green wounds, being put in warm.

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*A Receipt of the Oyl of St. Johns-wort.*

**T**AKE a quart of the best white-Wine, infuse therein pickt flowers of Saint Johns-wort, then stow those flowers very dry, and put in more into the same Wine, infuse them again, so long that the Wine be very strong and red coloured with the Saints Johns-wort, then strain out the Wine clear from the flowers, put thereto a pint of the best Sallet Oyl, a quarter of an ounce of Cinnamon bruised, a quarter of Cloves bruised, one race of very good Ginger sliced, one good handfull of the yellow flowers of Saint Johns-wort pickt very clean; boyl all these on a very soft fire, till the wine be all evaporated; when it is almost boiled, put one good spoonful of pure Oyl of Turpentine, let that boyl in it a little, so keep it for your use, the elder the better.

*A Receipt for an extraordinary wasting for the Back, and for the Stone and Strangury, used by Justice Hutton.*

**T**AKE Plaintain and Ribwort, distill them in an ordinary Rose Still; when you have occasion to use it, take Pippins and roast them, and take away the skin and core, and put them into the water, making there-  
of



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of a Lambs-wooll as thick, as you please, feten it with Loaf-Sugar, the sweeter the better, take thereof half a pint when you go to bed, and this do nine, or ten nights together, especially when you feel an heat in the Back.

*For the Teeth.*

**I**F you will keep your Teeth from rotting, or aching, wash the mouth continually every morning with juyce of Lemons, and afterward rub your teeth with a Sage leaf, and wash your teeth after meat with fair water.

*To cure the Tooth-Ack.*

1. **T**Ake Mastick and chew it in your mouth till it is soft as Wax, then stop your teeth with it, if hollow, there remaining till it is consumed, and it will certainly cure you.

2. The Tooth of a dead man carried about a man, presently suppresses the pains of teeth.

*FINIS.*

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|                           |  |
|---------------------------|--|
| <b>Y</b> outh to preserve |  |
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F I N I S.

A  
QUEEN'S  
Delight :

O R,  
The Art of *Preserving,*  
*Conserving,* and *Candying.*

As also,  
A right Knowledge of  
making Perfumes, and Di-  
stillling the most excellent  
Waters.

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L O N D O N :

Printed in the Year 1696.





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A

# QUEENS Delight.

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*Of Conservees and Preserves, candying  
and distilling Waters.*

*To preserve white Pear-Plumbs or green.*

**T**Ake the Plumbs and cut the stalk off, and wipe them, then take the just weight of them in sugar, then put them in a Skillet of water, and let them stand in and scald, being close cover'd till they be tender; they must not seeth; when they be soft lay them in a Dish and cover them with a cloth, and strew some of the sugar in the glass bottom, and put in the Plumbs, strewing the Sugar over till all be in, then let them stand all night, the next day put them into a pan, and let them boyl apace, keeping them clean scummed, and when your plums look clear, your syrup will gelly, and they are enough. If your plums be ripe, peel of the skins before you put them into the glass; they will be

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the better and clearer a great deal to dry, if you will take the Plums white ; if green, do them with the rinds on.

*To preserve Grapes.*

**T**AKE Grapes when they be almost through ripe, and cut the stalks off, and stone them in the side, and as fast as you can stone them strew Sugar on them ; you must take to every pound of Grapes three quarters of a pound of Sugar ; then take some of the sower Grapes, and wring the juyce of them, and put to every pound of Grapes two spoonful of juyce, then set them on the fire, and still lift up the pan and shake it round for fear of burning too, then set them on again, and when the sugar is melted, boyl them as fast as you can possibly, and when they look but very clear, and the Syrup somewhat thick, they are enough.

*To preserve Quinces white.*

**T**AKE a pair and coar them, and to every pound of your equal weights in Sugar and Quince, take a wine pint of water ; put them together, and boyl them as fast as you can uncovered ; and this way you may also preserve Pippins white as you do Quinces.

*To preserve Respals.*

**T**AKE a pound of Respals, a pound of fine Sugar, a quarter of a pint of the juyce of Respals, strew the Sugar under and above the Respals, sprinkle the juyce all on them, set them on a clear fire, let them boyl as soft as is possible, till the syrup will gelly, then take them off, let them stand till they be cold, then put them in a glass. After this manner is the best way.

*To preserve Pippins.*

**T**AKE fair Pippins, and boyl them in fair water till they be somewhat tender, then take them out and peel off the skin, and put them into a fair earthen pot and cover them till they be cold, then make the Syrup with fair water and sugar; seeth it, and scum it very clean, then being almost cold, put in your Pippins, so boyl them softly together, put in as much rine of Oranges as you think will taste them, if you have no Oranges take whole Cinnamon and Cloves, so boyl them high enough to keep them all the year.

*To preserve Fruits green.*

**T**AKE Pippins, Apricocks, Pear-plums, or Peaches when they be green, scald them in hot water, and peel them or scrape them, put them into another water not so hot as the first, then boyl them very tender, take the weight of them in Sugar, put to it as much water as will make a Syrup to cover them; then boyl them somewhat leisurely, and take them up; then boyl the syrup till it be somewhat thick, that it will batten on a dish side, and when they are cold, put them together.

*To preserve Oranges and Lemons the best way*

**T**AKE and boyl them as for Paste, then take as much Sugar as they weigh, and put to it as much water as will cover them by making a Syrup, then boyl them very leisurely till they be clear, then take them up and boyl the Syrup till it batten on the dish side, and when they are cold put them up, &c.

*An approved Conserve for a Cough or Consumption of the Lungs.*

**T**AKE a pound of Elecampane roots, draw out the Pith, and boyl them in two waters till they be soft; when it is cold put to

it the like quantity of the pap of roasted Pippins, and three times their weight of brown Sugar-candy beaten to powder, stamp these in a Mortar to a Conserve, whereof take every morning fasting as much as a Walnut for a week or fortnight together, & afterwards but three times a week. *Approved.*

*To make Conserve of any of these Fruits.*

**W**Hen you have boyled your Paste as followeth, ready to fashion on the Pie-plate, put it up into Gallipots, and never dry it, and this is all the difference between Conserves. And so you may make Conserves of any Fruits, this for all hard Fruits, as Quinces, Pippins, Oranges and Lemons,

*To dry any Fruits after they are preserved, or Candy them.*

**T**Ake Pippins, Pears or Plums, and wash them out in warm water from the Syrup they are preserved in, strew them over with searced Sugar, as you would do flower upon fish to fry them; set them in a broad earthen pan, that they may lie one by one; then set them in a warm Oven or Stove to dry. If you will candy them without, you must strew on Sugar three or four times in the drying.

*To preserve Artichocks young, green Walnuts and Lemons, and the Elecampane roots or any bitter thing.*

**T**AKE any of these, and boyl them tender, and shift them in their boyling six or seven times to take away their bitterness out of one hot water into another, then put a quart of Salt unto them, then take them up and dry them with a fair cloth, then put them into as much clarified Sugar as will cover them, then let them boyl a walm or two, and so let them stand soaking in the Sugar till the next morning, then take them up, and boyl the Sugar a little higher by it self, and when they are cold put them up.

Let your green Walnuts be prickt full of holes with a great pin, and let them not be long in one water, for that will make them look black: being boyled tender, stick two or three Cloves in each of them.

Set your Elecampane roots, being clean scraped, and shifted in their boylings a dozen times, then dry them in a fair cloth, and so boyl them as is above written, take half so much more than it doth weigh, because it is better, &c.

*To preserve Quinces white or red.*

**T**AKE the Quinces, and coar them, and pare them, those that you will have white, put them into a pail of water two or three hours, then take as much Sugar as they weigh, put to it as much water as will make a Syrup to cover them, then boyl your Syrup a little while, then put your Quinces in, and boyl them as fast as you can, till they be tender and clear, then take them up, and boyl the Syrup a little higher by it self, and being cold put them up. And if you will have them red, put them raw into Sugar, and boyl them leisurely close covered till they be red and put them into cold water.

*To preserve Grapes.*

**T**AKE the Clusters and stone them as you do Barberries, then take a little more Sugar than they weigh, put to it as much Apple water as will make a Syrup to cover them, then boyl them as you do Cherries as fast as you can, till the Syrup be thick, and being cold, pot it: thus may you preserve Barberries or English Currans, or any kind of berries.



*To Preserve Pippins, Apricocks, Pear-Plums,  
and Peaches when they are ripe.*

**T**AKE Pippins and pare them, bore a hole through them, and put them in a pail of water, then take as much Sugar as they do weigh, and put to it as much water as will make a Syrup to cover them, and boyl them as fast as you can, so that you keep them from breaking, untill they be tender, that you may prick a Rush through them: let them be a soaking till they be almost cold, then put them up.

Your Apricocks and Peaches must be stoned and pared, but the Pear-Plums must not be stoned nor pared. Then take a little more Sugar than they weigh, then take as much Apple water and Sugar as will make a Syrup for them, then boyl them as you do your Pippins, and Pot them as you do the Pippins likewise, &c.

*To Preserve Pippins, Apricocks, Pear-Plums,  
or Peaches green.*

**T**AKE your Pippins green and coddle them in fair water, but let the water boyl first before you put them in, and you must shift them in two hot waters before they will be tender, then pull off the skin from

from them, and so case them in so much clarified Sugar as will cover them, and so boyl them as fast as you can, keeping them from breaking, then take them up, and boyl the syrup untill it be as thick as for Quiddony; then pot them, and pour the syrup into them before they be cold.

Take your Apricocks and Pear Plums and boyl them tender, then take as much Sugar as they do weigh, and take as much water as will make the syrup, take your green Peaches before they are stoned and thrust a pin through them, and then make a strong water of ashes, and cast them into the hot standing lye to take off the fur from them, then wash them in three or four waters warm, so then put them into so much clarified Sugar as will candy them; so boyl them, and put them up, &c.

*To dry Pippins or Pears without Sugar.*

TAKE Pippins or Pears and prick them full of holes with a bodkin, and lay them in sweet wort three or four days, then lay them on a sieves bottom, till they be dry in an Oven, but a drying heat. This you may do to any tender Plumb.

*To make Syrup of Clove-gillyflowers.*

**T**AKE a quart of water, half a bushel of Flowers, cut off the whites, and with a sieve sift away the seeds, bruise them a little; let your water be boyled, add a little cold again, then put in your Flowers, and let them stand close covered twenty four hours; you may put in but half the flowers at a time, the strength will come out the better; to that liquor put in four pound of Sugar, let it lye in all night, next day boyl it in a Gallypot, set it in a pot of water, and there let it boyl till all the Sugar be melted and the Sugar be pretty thick, then take it out, and let it stand in that till it be through cold, then glasse it.

*To make Syrup of Hyssop for Colds.*

**T**AKE a handful of Hyssop, of Figs, Raisins, Dates, of each one ounce, of Collipins half an handful, French Barley one ounce, boyl therein three pints of fair water to a quart, strain it and clarifie it with two whites of Eggs, then put in two pound of fine Sugar and boyl it to a Syrup.

*To make Orange Water.*

**T**Ake a pottle of the best Malaga Sack, and put in as many of the peels of Oranges as will go in, cut the white clean off, let them steep twenty four hours; still them in a glasse still, and let the water run into the Receiver upon fine Sugarcandy; you may still it in an ordinary Still.

*To dry Cherries.*

**T**Ake a pound of Sugar, dissolve it in thin fair water, when it is boyled a little while, put in your Cherries after they are stoned, four pound to one pound of Sugar, let them lye in the Sugar three days, then take them out of the syrup and lay them on sieves one by one, and set them before the Sun on stools, turn them every day, else they will mould; when they look of a dark red colour, and are dry, then put them up. And so you may do any manner of Fruits. In the Sun is the best drying of them, put into the syrup some juice of Rasps.

*To make juyce of Liquorish.*

**T**Ake English Liquorish and stamp it very clean, bruise it with a hammer, and cut it in pieces; to a pound of Liquorish thus bruised, put a quart of Hysop water, let

let them soak together in an earthen pot a day and a night, then pull the Liquorish into small pieces, and lay it in soak again two days more; then strain out the Liquorish, and boyl the liquor a good while. Stir it often; then put in half a pound of Sugar-candy, or Loaf-Sugar finely beaten, four grains of Musk, as much Ambergreece, bruise them small with a little Sugar, then boyl them together till it be good and thick, still have a care you burn it not; then put it out in glass plates, and make it into round rolls, and set it in a drying place till it be stiff, and that you may work it into rolls to be cut as big as Barley-corns, and so lay them on a plate again: If it be needful strew on the plate again a little Sugar to prevent thickning, so dry them still if there be need, and if they should be too dry, the heat of the fire will soften them again.

*A Perfume for Clothes, Gloves.*

**T**Ake of Linet two grains, of Musk three, of Ambergreece four, and the Oyl of Bems a pretty quantity; grind them all upon a Marble stone fit for that purpose, then with a brush or sponge rake them over, and it will sweeten them very well: your Gloves and Jerkins must first be wash-  
ed

ed in old red Rose-water, and when they are almost dry, stretch them forth smooth, and lay on the Perfumes.

*To make Almond Bisket.*

**T**AKE the whites of four new laid Eggs, and two yolks, then beat it well for an hour together, then have in readines a quarter of a pound of the best Almonds blanch'd in cold water, and beat them very small with Bosc-wart, for fear of Oyling: then have a pound of the best Loaf-Sugar finely beaten, beat that in the Eggs a while, then put in your Almonds, and five or six spoonfulls of the finest flower, and so bake them together upon paper plates, you may have a little fine Sugar in a piece of riffany to dust them over as they be in the Oven, so bake them as you do Bisket.

*To dry Apricocks.*

**F**irst stone them, then weigh them, take the weight of them in double refined Sugar, make Syrup with so much water as will wet them, and boyl it up so high, that a drop being dropped on a Plate it will slip clean off, when it is cold, put in your Apricocks, being pared, whilst your Syrup is hot, but it must not be taken off the fire  
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before you put them in, then turn them in the syrup often, then let them stand three quarters of an hour; then take them out, set the syrup, and tye them up in Tiffanies, one in a tiffany or more, as they be in bignets and whilst you are tying them up, set the syrup on the fire to heat but not to boyl, then put your Apricocks into the syrup, and set them on a quick fire, and let them boyl as fast as you can, skin them clean, and when they look clear, take them from the fire, and let them lye in the syrup till the next day, then set them on the fire to heat, but not to boyl; then set them by till the next day, and lay them upon a clean sieve to drain, and when they are well drained, take them out of the Tiffanies, and so dry them in a stove, or better in the Sun with glassies over them, to keep them from the dust.

*To make Quinces for Pies.*

**W**ipe the Quinces, and put them in to a little vessel of small Beer when it hath done working: stop them close that no Air can get in, and this will keep them fair all the year, and good.

*The best way to break sweet Powder.*

**T**ake of Orrice one pound, Calamus a quarter of a pound, of Benjamin one half pound, Storax half a pound, Civit a quarter of an ounce, Cloves a quarter of a pound, Musk one half ounce, Oyl of Orange-flowers one ounce, Lignum Aloes one ounce, Rosewood a quarter of a pound, Ambergreece a quarter of an ounce. To every pound of Roses put a pound of powder, the bag must be of Taffaty, or else the powder will run through.

*To make excellent Perfumes.*

**T**ake a quarter of a pound of Damask Rose-buds cut clean from the whites, stamp them very small, put to them a good spoonful of Damask Rose-water, so let them stand close stopped all night, then take one ounce and a quarter of Benjamin finely beaten, and also searfed, (if you will) twenty grains of Civer, and ten grains of Musk; mingle these with the Roses, beating them well together, then make it up in little Cakes between Rose-leaves, and dry them between sheets of Paper.



*To make Conserve of Roses boiled.*

**T**AKE a quart of red Rosewater, a quart of fair water, boil in the water a pound of red Rose-leaves, the whites cut off, the leaves must be boiled very tender; then take three pound of Sugar, and put to it a pound at a time, and let it boil a little between every pound, so put it up in your pots.

*To make Conserve of Roses unboiled.*

**T**AKE a pound of red Rose-leaves, the whites cut off, stamp them very fine, take a pound of sugar and beat in with the Roses, and put it in a pot, and cover it with leather, and set it in a cool place.

*To make a very good Pomatum.*

**T**AKE the fat of a young Dog one pound, it must be killed so that the Blood settle not into the fat, then let the outer skin be taken off before it be opened, lest any of the hair come to the fat, then take all the fat from the inside, and as soon as you take it off fling it into Conduit-water; and if you see the second skin be clear, peel it and water it with the other; be sure it cools not out of the water: you must not let any of the flesh remain on it, for then the Pomatum will not keep. To one pound of this fat

take two pound of Lambs-caul, and put it to the other in the water, and when you see it is cold, drain it from the water into a Napkin, and break it into little pieces with your fingers, and take out all the little veins; then take eight ounces of Oyl of Tartar, and put in that first, stirring it well together, then put it into a gallon of Conduit-water, and let it stand till night; shift this with so much Oyl and Water morning and evening seven days together, and be sure to shift it constantly; and the day before you mean to melt it wring it hard by a little at a time, and be sure the Oyl and Water be all out of it, wring the water well out of it with a Napkin every time you shift it, then put in three pints of Rose-water; let it stand close cover'd twelve hours, then wring out that, and put it in a pint of fresh Rose-water into a high Gallipot with the feces; then tie it close up, and set it in a pot of water, and let it boil two hours, then take it out, and strain it into an earthen pan, let it stand till it be cold, then cut a hole in it, and let out the Water, then scrape away the bottom, and dry it with a cloth, and dry the pan; melt it in a Chafindish of Coals, or in the Gallipots; beat it so long, till it look very white and shining, then  
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with your hand fling it in fine Cakes upon white Paper, and let it lye till it be cold, then put it into Gallipots. This will be very good for two or three years.

*To make Raisin Wine.*

**T**Ake two pound of Raisins of the Sun shred, a pound of good powdered sugar, the juice of two Lemons, one peel, put these in an earthen pot with a top, and then take two gallons of Water; let it boil half an hour, then take it hot from the Fire, and put it into the pot, and cover it close for three or four days, stirring it twice a day; being strained, put it into Bottles, and stop it more close, in a fortnight or three weeks it may be drank: you may put in Clove-Gilliflowers, or Cowslips, as the time of year is when you make it; and when you have drawn this from the Raisins, and botled it up, heat two quarts of water more, put it to the Ingredients, and let it stand as aforesaid. This will be good, but smaller than the other, the water must be boiled as the other.

*To make Raspberry-Wine.*

**T**AKE a gallon of good Rhenish-wine, put into it as much Raspberries very ripe as will make it strong, put it in an earthen pot, and let it stand two days, then pour your Wine from your Raspberries, and put into every Bottle two ounces of Sugar, stop it up and keep it by you.

*The best way to preserve Cherries.*

**T**AKE the best Cherries you can get, and cut the stalks something short, then for every pound of those Cherries take two pound of other Cherries, and put them off their stalks and stones, put to them ten spoonfuls of fair water, and then set them on the fire to boil very fast till you see that the colour of the syrup be like pale Claret-wine, then take it off the fire, and drain them from the Cherries into a pan to preserve in. Take to every pound of Cherries a quarter of sugar, of which take half and dissolve it with the Cherry-water drained from the Cherries, and keep them boiling very fast till they will jelly in a spoon, and as you see the syrup thin, take of the sugar that you kept finely beaten, and put it to the Cherries in the boiling; the faster they boyl.

boyl the better they will be preserved, and let them stand in a Pan till they be almost cold.

*A Tincture of Ambergrease.*

**T**Ake Ambergrease one ounce, Musk two drams, Spirit of Wine half a pint, or as much as will cover the Ingredients two or three fingers breadth; put all into a glass, stop it close with a Cork and Bladder; set it in Horsedung ten or twelve days, then pour off gently the spirit of Wine, and keep it in a glass close stopr, then put more spirit of Wine on the Ambergrease, and do as before; then pour it off: after all this the Ambergrease will serve for ordinary uses. A drop of this will perfume any thing, and in Cordials it is very good.

*To make Usquebagh the best way.*

**T**Ake two quarts of the best *Aqua vita*, four ounces of scraped Liquorish, and half a pound of sliced Raisins of the Sun, Anniseeds four ounces, Dates and Figs, of each half a pound, sliced Nutmeg, Cinnamon, Ginger, of each half an ounce, put these to the *Aqua vita*, stop it very close, and set it in cold places ten days, stirring it twice a day with a stick, then strain or sweeten it with sugarcandy; after it is strained,

strained let it stand till it be clear, then put into the glasse Musk and Ambergrease, two grains is sufficient for this quantity.

*To preserve Cherries with a quarter of their weight in Sugar.*

**T**AKE four pound of Cherries, one pound of Sugar, beat your Sugar, and strew a little in the bottom of your skillet, then pull off the stalks and stones of your Cherries, and cut them cross the bottom with a Knife; let the juice of the Cherries run upon the sugar, for there must be no other Liquor but the juice of the Cherries; cover your Cherries over with one half of your Sugar, boyl them very quick, when they are half boiled put in the remainder of your sugar, when they are almost enough put in the rest of the Sugar; you must let them boil till they part in sunder like Marmalade, stirring them continually; so put them up hot into your warm Marmalade Glasses.

*To make Jelly of Pippins.*

**T**AKE Pippins, and pare them, and quarter them, and put as much water to them as will cover them, and let them boyl till all the vertue of the Pippins are out, then strain them, and take to a pint of that liquor a  
pound

pound of Sugar, and cut long threads of Orange-peels and boyl in it, then take a Lemon, and pare and slice it very thin, and boyl it in your Liquor a little thin; take them out, and lay them in the bottom of your glass, and when it is boyled to a Jelly pour it on the Lemons in the Glass; you must boyl the Oranges in two or three waters before you boyl it in the Jelly.

*To make Apricock Cakes.*

**T**AKE the fairest Apricocks you can get, and parboyl them very tender, then take off the Pulp and their weight of sugar, and boyl the Sugar and Apricocks together very fast; stir them ever lest they burn to, and when you can see the bottom of the skillett it is enough, then put them into cards sowed round, and dust them with fine Sugar, and when they are cold stone them, then turn them, and fill them up with some more of the same stuff; but you must let them stand for three or four days before you turn them off the first place; and when you find they begin to candy, take them out of the Cards, dust them with sugar again, so do ever when you turn them.

*To preserve Barberries the best way.*

**F**irst stone them and weigh them, half a pound of Sugar to half a pound of them, then pare them and slice them into that liquor, take the weight of them in sugar, then take as many Rasberries as will colour it, and strain them into the liquor, then put in the sugar, boyl it as fast as you can, then scum it till it be very clear, then put in your Barberries and that sugar you weighed, and so let them boyl till the skin be fully risen up, then take them off, and scum them very clean, and put them up.

*To make Lozenges of red Roses.*

**B**oyl your sugar to sugar again, then put in your red Roses being finely beaten, and made moist with the juice of a Lemon let it not boyl after the Roses are in, but pour it upon a Pye-plate, and cut it into what form you please.

*To make Chips of Quinces.*

**F**irst scald them very well, then slice them into a dish, and pour a Candy Syrup to them scalding hot, and let them stand all night, then lay them on plates, and searse sugar on them, and turn them every day,



day, and scrape more sugar on them till they be dry. If you would have them look clear, heat them in syrup, but not to boyl.

*To make Sugar of Wormwood, Mint, Anniseed, or any other of that kind.*

**T**AKE double-refined sugar, and do but wet it in fair water or Rose-water, and boil to a Candy; when it is almost boiled take it off, and stir it till it be cold; then drop in three or four drops of the Oyls of whatsoever you will make, and stir it well; then drop it on a board, being before sifted with sugar.

*To make Syrup of Lemons or Citrons.*

**P**ARE off all the rinds, then slice your Lemons very thin, and lay a lare of sugar finely beaten, and a lare of Lemons in a silver Bason till you have fitted it, or as much as you mean to make, and so let it stand all night; the next day pour off the liquor that runs from it into a glass through a Tiffany strainer. Be sure you put sugar enough to them at the first, and it will keep a year good if it be set up well.

*To*

*To make Jambs of Apricocks or Quince.*

**T**AKE Apricocks or Quinces, and Coddle them tender, then take their Pulp and dry it in a dish over a Chafindish of coals, and set it on a stone for a day or two, then beat it in a stone Mortar, putting in as much Sugar as will make a stiff paste; then colour it with Saunders, Cochineel or blew Starch, and make it up in what colour you please, rowl them with battle doors into long pieces, and tye them up in knots, and so dry them.

*To make Cherry Water.*

**T**AKE nine pound of Cherries, pull out the stones and stalks, break them with your hand, and put them into nine pints of Claret-Wine, take nine ounces of Cinnamon, and three Nutmegs, bruise them and put them into this, then take of Rosemary and balm, of each half a handful, of sweet Marjoram a quarter of an handful; put all these with the aforementioned into an earthen pot well leaden; so let them stand to infuse twenty four hours; so distill them in a Limbeck, keeping the strongest water by it self; put some sugar finely beaten into your glasses. If your first water be too strong, put

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some

some of the second to it as you use it. If you please you may tye some Musk and Ambergreece in a rag, and hang it by a thread in your glass.

*To make Orange Cakes.*

**T**AKE Oranges and pare them as thin as you can, then take out the meats clean and put them in water, let them lye about an hour, shift the water and boyl them very tender in three or four waters, then put them up, and dry them on a cloth: mince them as small as you can, then put them into a dish, and squeeze all the juyce of the meat into them, and let them stand till the next day, take to every pound of these a pound and a quarter of double refined sugar. Boyl it with a spoonful of water at the boottom to keep it from burning till it be sugar again; then put in your Oranges and let them stand and dry on the fire, but not boyl; then put them on glass plates, and put them in a stove, the next day make them into Cakes, and so dry them as fast as you can.

*To preserve Oranges the French way.*

**T**AKE twelve of the fairest Oranges and best coloured, and if you can get them  
with

with smooth skins they are the better, and lay them in Conduit water six days and nights, shifting them into fresh water morning and evening: then boyl them very tender, and with a knife pare them very thin, rub them with salt; when you have so done, core them with a coring Iron taking out the meat and seeds, then rub them with a dry cloth till they be clean, and to every pound of Oranges a pound and a half of sugar, and to a pound of sugar a pint of water; then mingle your sugar and water well together in a large skillet or pan; beat the whites of three Eggs and put that into it, then set it on the fire, and let it boyl till it rises, and strain it through a Napkin; then set it on the fire again, and let it boyl till the Syrup be thick, then put in your Oranges and make them seeth as fast as you can, now and then putting in a piece of fine loaf sugar the bigness of a walnut, when they have boyled near an hour, put into them a pint of Apple water; then boyl them apace, and half a pint of white-Wine, this should be put in before the Apple-water, when your Oranges are very clear, and your Syrup so thick that it will gelly, (which you may know by setting them to

cool in the spoon) when they are ready to be taken off from the fire; then put in the juyce of eight Lemons warm into them, then put them into a earthen pan, and so let them stand till they be cold, then put every Orange in a severall glass or pot; if you do but six Oranges at a time, it is the better.

*To preserve green Plums.*

**T**He greatest Wheaten Plums is the best, which will be ripe in the midst of *July*, gather them about that time, or later as they grow in bigness, but you must not suffer them to turn yellow, for then they never be of good colour; being gathered, lay them in water for the space of twelve hours, and when you gather them, wipe them with a clean linnen cloth, and cut of a little of the stalks of every one, then set two skillets of water on the fire; and when one is scalding hot put in your Plums, and take them from the fire, and cover them, and let the rest for the space of a quarter of an hour; then take them up, and when your other skillet of water doth boyl, put them into it; let them but stay in it a very little while, and so let the other skillet of water, wherein they were  
first

first boyled, be set on the fire again, and make it to boyl, and put in your Plums as before, and then you shall see them rivet over, and yet your Plums very whole; then while they be hot, you must with your knife scrape away the riveting; then take to every pound of Plums a pound and two ounces of sugar finely beaten, then set a pan with a little fair water on the fire, and when it boyls put in your Plums, and let them seeth half a quarter of an hour till you see the colour wax green, then set them off the fire a quarter of an hour, and take a handful of sugar that is weighed, and strew it in the bottom of the pan wherein you will preserve, and so put in your Plums one by one, drawing the liquor from them, and cast the rest of your sugar on them: then set the pan on a moderate fire, letting them boyl continually, but very softly, and in three quarters of an hour they will be ready, as you may perceive by the greenness of your Plums, and thickness of your Syrup, which if they be boyled enough, will gelly when it is cold; then take up your Plums, and put them into a Gallipot, but boyl your Syrup a little longer, then strain it into some vessel, and being blood warm, pour it upon your Plums, but stop

not the pot before they be cold. Note also you must preserve them in such a pan, as they may lye one by another and turn of themselves; and when they have been five or six days in the Syrup, that the Syrup grow thin, you may boyl it again with a little sugar, but put it not to your Plums till they be cold. They must have three scaldings and one boylings.

*To dry Plums.*

**T**ake three quarters of a pound of Sugar to a pound of black Pear Plums or Damascins, slit the Plums in the Crest, lay a lay of Sugar with a lay of Plums, and let them stand all night; if you stone the Plums, fill up the place with Sugar, then boyl them but gently till they be very tender, without breaking the skins, take them into an earthen or silver dish, and boyl your Syrup afterwards for a gelly, then pour it on your Plums scalding hot, and let them stand two or three days, then let them be put into the Oven after you draw your bread, so often untill your Syrup be dried up, and when you think they are almost dry, lay them in a sieve, and pour some scalding water on them, which will run through the sieve, and set them in an Oven afterwards to dry.

*To preserve Cherries the best way, bigger then they grow naturally, &c.*

**T**AKE a pound of the smallest Cherries and boyl them tender in a pint of fair water, then strain the liquor from the substance, then take two pound of good Cherries, and put them in a preserving pan, with a lay of Cherries, and a lay of Sugar, then pour the Syrup of the other Cherries about them, and so let them boyl as fast as you can with a quick fire, that the syrup may boyl over them, and when your syrup is thick and of good colour, then take them up, and let them stand a cooling by partitions one from another, and being cold you may pot them up.

*To preserve Damsons, red Plums or black.*

**T**AKE your Plums newly gathered, and take a little more Sugar than they do weigh, then put to it as much water as will cover them; then boyl your syrup a little while, and so let it cool, then put in your Damsons or Plums, then boyl them leisurely in a pot of seething water till they be tender, then being almost cold pot them up.

*To*



*To dry Pippins or Pears.*

**T**AKE your Pippins, Pears, Apricocks, pare them, and lay them in a broad earthen pan one by one, and so rowl them in searfed Sugar as you flower fried fish; put them in an Oven as hot as for Manchet, and so take them out, and turn them as long as the Oven is hot; when the Oven is of a drying heat, lay them upon a Paper, and dry them on the bottom of a sieve; so you may do the least Plum that is.

*To dry Pippins or Pears another way.*

**T**AKE Pippins or Pears, and lay them in an earthen pan one by one, and when they be baked plump and not broken, then take them out, and lay them by, and lay them upon a paper, then lay them on a sieves bottom, and dry them as you did before.

*To dry Apricocks tender.*

**T**AKE the ripest of the Apricocks, pare them, put them into a silver or earthen Skillet, and to a pound of Apricocks put three quarters of a pound of Sugar, set your Apricocks over your fire; stirring them till they come to a Pulp and set the Sugar in another skillet by, boyling it up to a good height, then take all the Apricocks, and stir them round till they be well mingled,

gled, then let it stand till it be something cold and thick, then put it into Cards, being cut of the fashion of an Apricock, and laid upon glass plates, fill the Cards half full, then set them in your stove; but when you find they are so dry that they are ready to turn; then provide as much of your pulp as you had before, and put to every one a stove, when they are turned (which you must have said before) and pour the rest of the Pulp upon them, so set them into your stove, turning them till they be dry.

*To dry Plums.*

**T**AKE a pound of Sugar to a pound of Plums, pare them, scald your Plums then lay your Plums upon a sieve till the water be drained from them, boyl your Sugar to a Candy heighth, and then put your Plums in whilst your Syrup is hot, so warm them every morning for a week, then take them out, and put them into your stove and dry them.

*To dry Apricocks.*

**T**AKE your Apricocks, pare and stone them, then weigh half a pound of Sugar to a pound of Apricocks, then take half that sugar, and make a thin Syrup, and when

when it boyleth put in the Apricocks, then scald them in that Syrup; then take them off the fire, and let them stand all night in that Syrup, in the morning take them out of that Syrup, and make another Syrup with the other half of the Sugar, then put them in, and preserve them till they look clear; but be sure you do not do them so much as those you keep preserved without drying; then take them out of that Syrup and lay them on a piece of plate till they be cold; then take a skillet of fair water, and when the water boyls take your Apricocks one after another in a spoon, and dip them in the water first on one side, and then on the other; not letting them go out of the spoon: you must do it very quick, then put them on a piece of a plate and dry them in a Stove, turning them every day; you must be sure that your Stove or Cubbard where you dry them the heat of it be renewed three times a day with a temperate drying heat until they be something dry, then afterwards turn them once as you see cause.

*Conserve of Violets the Italian manner.*

**T**ake the leaves of blue Violets, separated from their stalks and greens, beat them very well in a stone Mortar, with twice their weight of sugar, and reserve them for your use in a glass vessel.

*The Virtues.*

The heat of Choler it doth mitigate, extinguisheth thirst, asswageth the belly, and helpeth the Throat of hot hursts, sharp droppings and drinnes, and procureth rest. It will keep one year.

*Conserve of red Roses the Italian manner.*

**T**ake fresh red Roses not quite ripe, beat them in a stone Mortar, mix them with dou-

double their weight of Sugar, and put them in a glass close stopped, being not full, let them remain before you use them three months, stirring of them once a day.

*The Virtues.*

The stomach, Heart, and Bowels it cooleth; and hindreth vapors, the spitting of blood and corruption for the most part (being cold) it helpeth. It will keep many years.

*Conserve of Borage flowers after the Italian way.*

**T**ake fresh Borage flowers cleansed well from their heads, four ounces, fine Sugar twelve ounces, beat them well together in a stone Mortar, and keep them in a vessel well placed.

The vertues are the same with Bugloss flowers.

*Conserve of Rosemary-flowers after the Italian manner.*

**T**ake new Rosemary flowers one pound, of white sugar one pound, so beat them together in a Marble Mortar with a wooden pestle, keep it in a gallypot or vessel of earth well glassed, or in one of hard stone. It may be preserved for one year or two.

*The Virtues.*

It comforteth the heart, the stomach, the brain, and all the nervous parts of the body.

*Conserve of Betony after the Italian way.*

**B**etony new and tender one pound, the best Sugar three pound, beat them very small in a stone mortar, let the Sugar be boyled with two pound of Betony water to the consistence of a Syrup, at length mix them together by little  
and

and little over a small fire, and make a Conserve, which keep in a glass.

*The Virtues.*

It helpeth the cold pains of the head, purgeth the stomach and womb; it helpeth stoniness of the reins, and farthereth Conception.

*Conserve of Sage.*

**T**AKE new flowers of Sage one pound, Sugar one pound, so beat them together very small in a Marble Mortar, put them in a vessel well glassed and steeped, set them in the Sun, stir them daily; it will last one year.

*The Vertues*

It is good in all cold hurts of the brain, it refresheth the Stomach, it openeth Obstructions, and takes away superfluous and hurtful humors from the Stomach.

*Conserve of the flowers of Lavender.*

**T**AKE the flowers being new, so many as you please, and beat them with three times their weight of white sugar, after the same manner as Rosemary flowers they will keep one year.

*The Virtues.*

The Brain, the Stomach, Liver, Spleen the womb it maketh warm, and is good in the Suffocation of the Womb, hardness of the Spleen, & for the Apoplex.

*Conserve of Marjoram.*

**T**HE Conserve is prepared as Bistony, it keepeth a year.

*The Virtues.*

It is good against the coldness, moistness of the Brain, the Stomach, and it strengtheneth the vital Spirits.

*Conserve*

*Conserve of Piony after the Italian way.*

**I**N the Spring take of the Flowers fresh half a pound, Sugar one pound, beat them together in a good stone Mortar, then put them in a Glass, and set them in the Sun for three Months, stirring them daily with a wooden Spatula.

*The Virtues.*

It is good against the Falling-sickness, and giddiness in the head, it cleanseth the Reins and Bladder.

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## Touching Candies, as followeth.

*To Candy Rosemary flowers in the Sun.*

**T**AKE Gum dragon, and steep it in Rose-water, then take the Rosemary flowers, good coloured, and well pickt, and wet them in the water that your Gum Dragon is steeped in, then take them out and lay them upon a Paper, and strew fine Sugar over them; this do in the hot  
L Sun,

Sun, turning them, and strewing Sugar on them, till they are candied, and so keep them for your use.

*To make Sugar of Roses.*

**T**AKE the deepest coloured red Roses, pick them, cut off the white bottoms, and dry your red leaves in an Oven, till they be as dry as possible, then beat them to powder and searse them, then take half a pound of Sugar, beaten fine, put it into your pan with as much fair water as will wet it; then set it in a Chafindish of Coals, and let it boyl till it be Sugar again, then put as much powder of Roses that will make it look very red, stir them well together, and when it is almost cold, put it into pales, and when it is throughly cold, take them off, and put them in boxes.

*To Candy Pippins, Pears, Apricocks or Plums.*

**T**AKE of these fruits, being pared, and strew Sugar upon them as you do flower upon frying fish; then lay them on a board in a Pewter dish, so put them into an Oven as hot as for Manchet; as the-Liquor comes from them, pour forth, turn them, and strew more Sugar on them, and sprinkle

Rose-

Rose-water on them, thus turning and Sugaring of them three or four times, till they be almost dry, then lay them on a Lettice wire, or on the bottom of a sieve in a warm Oven, after the bread is drawn out, till they be full dry, so you may keep them all the year.

*To Candy or clear Rock-candy flowers.*

**T**Ake spices, and boyl them in a Syrup of Sugar, then put in the flowers, boyl them till they be stiff, when you spread them on a Paper, lay them on round Wires in an earthen pan, then take as much hard Sugar as will fill your pan, and as much water as will melt the Sugar, that is half a pint to every pound, then beat a dozen spoonfuls of fair water, and the white of an Egg in a bason with a Birchen rod till it come to froth, when your Sugar is all melted and boyled, put the froth of the Egg in the hot Syrup, and as it riseth, drop in a little cold water; so let it boyl a little while, then scum it, then boyl it to a Candy height, that is, when you may draw it in small threads between your finger and your thumb: then pour forth all your Syrup that will run from it in your pan, then set it a drying one hour



or two, which done, pick up the wires, and take off the flowers, and lay them on Papers, and so dry them.

*To Candy Spanish flowers.*

**T**AKE the blossoms of divers sorts of flowers, and make a syrup of water and Sugar, and boyl it very thick, then put in your blossoms, and stir them in their boyling, till it turn to Sugar again, then stir them with the back of a spoon, till the Sugar fall from it; so you may keep them for Sallets all the year.

*To Candy Grapes, Cherries or Barberries.*

**T**AKE of these fruits, and strew fine sifted Sugar on them, as you do flower on frying fish, lay them on a lettice of wire in a deep earthen pan, and put them into an Oven as hot as for Manchet; then take them out, and turn them and Sugar them again, and sprinkle a little Rose-water on them, pour the syrup forth as it comes from them, thus turning and Sugaring them till they be almost dry, then take them out of the earthen pan, and lay them on a lettice of wire upon two billets of Wood in a warm

warm Oven, after the bread is drawn, till they be dry and well candied.

*To Candy Succets of Oranges, Lemons, Citrons, and Angelica.*

**T**Ake, and boyl them in fair water tender, and shift them in three boylings, six or seven times, to take away their bitterness, then put them into as much Sugar as will cover them, and so let them boyl a walm or two, then take them out, and dry them in a warm Oven as hot as Mancher, and being dry, boyl the Sugar to a Candy height, and so cast your Oranges into the hot Sugar, and take them out again suddenly, and then lay them upon a lettice of wire on the bottom of a Sieve in a warm Oven after the bread is drawn, still warming the Oven till it be dried, and they will be well Candied.

*To Candy the Orange Roots.*

**T**Ake the Orange roots, being well and tenderly boiled, peth them and peel them, and wash them out of two or three waters; then dry them well with a fair cloth, then put them together two or three in a knot, then put them into as much clarified

Sugar as will cover them, and so let them boyl leisurely, turning them well untill you see the Sugar drunk up into the root; then shaking them in the Bason, to funder the knots; and when they wax dry, take them up suddenly, and lay them on sheets of white Paper, and so dry them before the fire an hour or two, and they will be Candyed.

*To Candy Orange Peels after the Italian way*

**T**Ake Orange peels so often steeped in cold water, as you think convenient for their bitterness, then dry them gently, and Candy them with some convenient Syrup made with Sugar; some that are more grown, take away that spongius white under the yellow peels, others do both together.

*The Virtues.*

They corroborate the Stomach and Heart.

*To Candy Citrons after the Spanish way.*

**T**Ake Citron Peels so large as you please the inner part being taken away, let them be steeped in a clear lay of water and ashes for nine days, and shift them the  
fifth

fifth day, afterward wash them in fair water till the bitterness be taken away, and that they grow sweet, then let them be boyled in fair water till they grow soft, the watry part being taken away, let them be steeped in a Vessel of stone twentyfour hours, with a Julep made of white Sugar, and three parts water, after let them be boyled upon a gentle fire, to Candiness of Penides or Paste; being taken out of that, let them be put into a glass vessel one by one, with the Julep of Roses made somewhat hard, or with Sugar; some do add Amber and Musk to them.

*The Virtues.*

It comforteth the Stomach and Heart, it helpeth Concoction.

*To Candy Cherries the Italian way.*

**T**Ake Cherries before they are full ripe, the stones taken out, put clarified Sugar boyled to a height, then pour it on them.

*Chicory roots Candied the Italian way.*

**T**Ake Chicory new and green, the outward Bark being taken away, then before they be candied, let them be cut in  
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several parts, and gently boyled, that no bitterness may remain, then set them in the air, placed severally, and put Sugar to them boyled to a height.

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## Touching Marmalets, and Quiddony, as followeth.

*To make Marmalets of Damsons.*

**T**AKE two quarts of Damsons that be through ripe, and pare off the skins of three pints of them, then put them into an earthen pipkin, those with the skins undermost; then set the Pipkin into a pot of seething water, and let the water seeth apace untill the Damsons be tender. Cover the Pipkin close, that no water gets into them, and when they are tender, put them out into an earthen pan, and take out all the stones and skins, and weigh them, and take the weight with hard Sugar, then break the Sugar fine, and put it into the Damsons, then set it on the fire, and make it boyl apace till it will come from the bottom of the Skillet, then take it up, and put it into a glass, but scum it clear in the boyling.

*To*

*To make white Marmalet of Quinces.*

**T**Ake unpared Quinces, and boyl them whole in fair water, peel them and take all the pap from the coar, to every pound thereof, add three quarters of a pound of sugar, boyl it well till it come well from the pans bottom, then put it into boxes.

*To make Marmalet of any tender Plums.*

**T**Ake your Plums and boyl them between two dishes on a Chafindish of coals, then strain it, and take as much Sugar as the Pulp doth weigh, and put to it as much Rose-water and fair water, as will melt it, that is, half a pint of water to a pound of Sugar, and so boyl it to a Candy height, then put the Pulp into hot Sugar, with the pap of a roasted Apple. In like manner you must put roasted Apples to make Paste Royal of it, or else it will be tough in the drying.

*To make Orange Marmalet.*

**T**Ake Oranges, pare them as thin as you can; boyl them in four several waters, let them be very soft before you take them

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out,

out, then take two quarts of Spring-water, put thereto twenty Pippins pared, quartered and coared, let them boyl till all the vertue be out, take heed they do not lose the colour; then strain them, put to ever pint of water a Pound of Sugar, boyl it almost to a Candy height, then take out all the meat out of the Oranges, slice the peel in long slits as thin as you can, then put in your peel with the juyce of two Lemons, and one half Orange, then boyl it to a Candy.

*To make Quiddony of Pippins of Ruby, or any Amber colour.*

**T**AKE Pippins, and cut them in quarters and pare them, and boyl them with as much fair water as will cover them, till they be tender, and sunk into the water, then strain all the liquor from the Pulp, then take a pint of that liquor, and half a pound of Sugar, and boyl it till it be a quaking gelly on the back of a spoon; so then pour it on your moulds, being taken out of fair water; then being cold turn them on a wet trencher, and so slide them into the boxes, and if you would have it ruddy colour, then boyl it leisurely close covered, till it be as red as Claret Wine, so  
you

you may conceive, the difference is in the boyling of it; remember to boyl your Quinces in Apple water as you do your Plums.

*To make Quiddony of all sorts of Plums.*

**T**AKE your Apple-water and boyl the Plums in it till it be red as Claret Wine, and when you have made it strong of the Plums, put to every pint half a pound of sugar, and so boyl it till a drop of it hang on the back of a spoon like a quaking gelly. If you will have it of an Amber colour, then boyl it with a quick fire, that is all the difference of the colouring of it.

*To make Marmalet of Oranges, or Orange Cakes, &c.*

**T**AKE the yellowest and fairest Oranges, and water them three days, shifting the water twice a day, pare them as thin as you possibly can, boyl them in a water changed five or six times, until the bitterness of the Orange be boyled out; those that you preserve must be cut in halves, but those for Marmalet must be boyled whole, let them be very tender, and slice them very thin on a Trencher, taking out the seeds and long strings, and with



a knife make it fine as the Pap of an Apple; then weigh your Pap of Oranges, and to a pound of it take a pound and a half of Sugar; then you must have Pippins boyled ready in a skillet of fair water, and take the Pap of them made fine on a Trencher, and the strings taken out, (but take not half so much Pippins as Oranges) then take the weight of it in Sugar, and mix it both together in a silver or earthen dish; and set it on the coals to dry the water out of it, as you do with Quince Marmalet; when your Sugar is Candy height, put in your stuff, and boyl it till you think it stiff enough, stirring it continually; if you please you may put a little Musk in it.

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## Touching Pastery and Pasties.

*To make Sugar Cakes.*

**T**Ake three pound of the finest Wheat flower, one pound of fine Sugar, Cloves and Mace of each one ounce finely searfed, two pound of Butter, a little Rose-water, knead

knead and mould this very well together, melt your Butter as you put it in ; then mould it with your hand forth upon a board, cut them round with a glass, then lay them on papers, and set them in an Oven, be sure your Oven be not too hot, so let them stand till they be coloured enough.

*To make clear cakes of Plums.*

**T**AKE Plums of any sort, Raspis are the best, put them in a stone-jug, into a pot of seething water, and when they are dissolved, strain them together through a fair cloath, and take to a pint of that a pound of Sugar, put to as much colour as will melt it, and boyl to a Candy height ; boyl the liquor likewise in another Poinet, then put them seething hot together, and so boil a little while stirring them together, then put them into glasses, and set them in an Oven or Stove in a drying heat, let them stand so two or three weeks, and never be cold, removing them from one warm place to another, they will turn in a week ; beware you set them not too hot, for they will be tough ; so every day turn them till they be dry ; they will be very clear.

*To make PASTE of Oranges and Lemons.*

**T**AKE your Oranges well coloured, boyl them tender in water, changing them six or seven times in the boyling, put into the first water one handful of Salt, and then beat them in a wooden bowl with a wooden pestle, and then strain them through a piece of Cushion Canvas, then take somewhat more than the weight of them in Sugar, then boyl it, dry and fashion it as you please.

*To make Raspberry Cakes.*

**T**AKE Raspberries, and put them into a Gally-pot, cover them close, and set them into a skillet of water, and let them boyl till they are all to mash, then rub them through a strainer of Cushion Canvas; put the Liquor into a silver bason, and set it upon a very quick fire; and put into it one handful or two of whole Raspberries, according to the quantity of your liquor: and as you shall like to have seeds in your paste. Thus let it boyl very fast till it be thick; and continually stir it lest it burn; then take two silver dishes that are of a weight, and put them into your Scales, in the one put the Raspis stuff, and in the other double refined Sugar, finely beaten,

beaten, as much as the weight of Raspis  
stuff; then put as much water to the Sugar  
as will melt it, set it upon the fire, and let  
it boyl till it be very high Candied, then  
take it from the fire, and put your Raspis  
stuff into it; and when your Sugar and  
Rasberries are very well mixed together,  
and the Sugar well melted from about the  
dish, (which if it will not do from the fire,  
set it on again) but let it not boyl in any  
case; when it is pretty cool, lay it by  
spoonfuls in places, and put it into your  
stuff, keeping temperate fire to it twice a  
day till it be candied that will turn them,  
joyn two of the pieces together, to make  
the Cake the thicker.

*To make Paste of Genoa Citrons.*

**T**Ake Citrons and boyl them in their skins,  
then scrape all the Pulp from the coar,  
strain it through a Piece of Cushion Canvas,  
take twice the weight of the Pulp in Sugar,  
put to it twice as much water as will melt  
it, that is, half a pint to every pound of Su-  
gar, boyl it to a Candy height; dry the  
Pulp upon a Chafindish of coals, then put  
the Syrup and the Pulp hot together, boyl  
it with stirring untill it will lye upon a Pye-  
plate, set it in a warm stone Oven upon  
two billets of wood, from the heat of the  
Oven,

Oven, all one night, in the morning turn it, and set it in the like heat again, so turn it every day till it be dry.

*To make a French Tart.*

**T**AKE a quarter of Almonds or thereabouts, and peel them, then beat them in a Mortar, take the white of the breast of a cold Capon, and take so much Lard as twice the quantity of the Capon, and so much Butter, or rather more, and half a Marrow-bone, and if the bone be little, then all the Marrow, with the juyce of one Lemon; beat them all together in a Mortar very well, then put in one half pound of Loaf-Sugar grated, then take a good piece of Citron, cut it in small pieces, and half a quarter of Pistanius, mingle all these together, take some flower, and the yolks of two or three Eggs, and some sweet Butter, and work it with cold water.

*To make Cakes of Pear-Plums.*

**T**AKE a pound of the clear, or of the Pulp, one pound of Sugar, and boyl it to a Sugar again, then break it as small as you can, and put in the clear, when your Sugar is well melted in it, and almost cold,

put

put it in glass plates, and set them into your stove as fast as you can, with coals under them, and so twice a day whilst they be dry enough to cut ; if you make them of the clear, you must make Paste of Apples to lay upon them, you must scald them, and beat them very well, and so use them as you do your Plums, and then you may put them into what fashion you please.

*To make Cakes, viz.*

**T**AKE a pound of Sugar finely beaten, four Yolks of Eggs, two whites, one half pound of Butter washed in Rose-water, six spoonfuls of sweet Cream warmed, one pound of Currans well pickt, as much flower as will make it up, mingle them well together, make them into Cakes, bake them in an Oven ; almost as hot as for Manchet, half an hour will bake them.

*To make a Cake the way of the Royal Princess,  
The Lady Elizabeth, daughter to King  
CHARLES the First.*

**T**AKE half a peck of flower, half a pint of Rose-water, a pint of Ale-yeast, a pint of Cream, boyl it, a pound and an half of Butter, six Eggs (leave out the whites)

whites ) four pound of Currans, one half pound of Sugar, one Nutmeg, and a little Salt, work it very well, and let it stand half an hour by the fire, and then work it again, and then make it up, and let it stand an hour and a half in the Oven ; let not your Oven be too hot.

*To make a PASTE of Apricocks.*

**T**Ake your Apricocks and pare them, and Stone them, then boyl them tender betwixt two dishes on a Chafindish of Coles ; then being cold, lay it forth on a white sheet of Paper ; then take as much sugar as it doth weigh, and boil it to a Candy height, with as much Rose-water and fair water as will melt the Sugar, then put the Pulp into the Sugar, and so let it boyl till it be as thick as for Marmalet, now and then stirring of it, then fashion it upon a Pye-plate like to half Apricocks, and the next day close the half Apricocks to the other, and when they are dry they will be as clear as Amber, and eat much better than Apricock it self.

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*To make PASTE of Pippings like leaves, and some like Plums, with their stones and stalks in them.*

**T**AKE Pippins pared and coared, and cut in pieces and boyled tender, so strain them and take as much Sugar as the Pulp doth weigh, and boil it to a Candy height, with as much Rose-water, and fair water as will melt it, then put the Pulp into the hot Sugar, and let it boyl untill it be as thick as Marmalet; then fashion it on a Pye-plate, like Oaken leaves, and some like half Plums, the next day close the half Plums together, and if you please you may put the stones and stalks in them, and dry them in an Oven, and if you will have them look green, make the PASTE when Pippins are green; and if you will have them look red, put a little Conserve of Barberries in the PASTE, and if you will keep any of it all the year, you must make it as thin as Tart stuff, and put it in Gallipots.

*To*



*To make Paste of Elecampane roots, an excellent remedy for the Cough of the Lungs.*

**T**AKE the youngest Elecampane Roots, and boyl them reasonably tender, then pith them and peel them; and so beat it in a Mortar, then take twice as much Sugar as the Pulp doth weigh, and so boyl it to a Candy height, with as much Rose-water as will melt it; then put the Pulp into the Sugar, with the Pap of a roasted apple, then let it boyl till it be thick, then drop it on a Pye-plate, and so dry it in an Oven till it be dry.

*To make Paste of flowers of the colour of Marble, tasting of Natural flowers.*

**T**AKE every sort of pleasing flowers, as Violets, Cowslips, Gilly-flowers, Roses or Marigolds, and beat them in a Mortar, each flower by it self with Sugar, till the Sugar become the colour of the flower, then put a little Gum-Dragon steeped in water into it, and beat it into a perfect paste; and when you have half a dozen colours, every flower will take of his nature; then roul the Paste therein, and lay one piece upon another, in mingling sorts, so  
rowl

rowl your Paste in small rolls, as big and as long as your finger, then cut it off the bigness of a small Nut, overthwart, and so rowl them thin, that you may see a Knife through them, so dry them before the fire till they be dry.

*To make Paste of Rasberries or English Currants.*

**T**AKE any of the Frails, and boyl them tender on a Chafindish of Coals betwixt two dishes and strain them, with the Pap of a roasted Apple, then take as much Sugar as the Pulp doth weigh, and boyl it to a Candy height, with as much Rose-water as will melt it; then put the Pulp into the hot Sugar, and let it boyl leisurely till you see it as thick as Marmalet, then fashion it on a Pye-plate, and put it into the Oven with two billets of wood, that the plate touch not the bottom, and let them dry leisurely till they be dry.

*To make Naples Bisket.*

**T**AKE of the same stuff the Mackaroons are made of, and put to it an ounce of Pine-apple-seeds in a quarter of a pound of stuff,

stuff, for that is all the difference between the Mackaroons and the Naples Bisket.

*To make Italian Bisket.*

**T**AKE a quarter of a pound of searfed Sugar, and beat it in an Alabaster Mortar with the white of an Egg, and a little Gum-Dragon steeped in Rose-water, to bring it to a perfect Paste, then mould it up with a little Anniseed and a grain of Musk; then make it up like Dutch bread, and bake it on a Pye-plate in a warm Oven till they rise somewhat high and white, take them out, but handle them not till they be thoroughly cold and dry.

*To make Prince Biskets.*

**T**AKE a pound of searfed Sugar, and a pound of fine flower, eight Eggs with two of the reddest yolks taken out, and so beat together one whole hour, then take you Coffins, and indoice them over with butter very thin, then put to it an ounce of Anni-seeds, fine dusted, and when you are ready to fill your Coffins, put in the Anniseeds, and so bake it in an Oven as hot as for Manchet.

*To*

*To make March-pane, to Ice and Guild, and garnish it according to Art.*

**T**AKE Almonds and blanch them out of seething water, and beat them till they come to a fine past in a stone Mortar, then take fine searfed Sugar, and so beat it all together till it come to a perfect paste, putting in now and then a spoonful of Rose-water to keep it from boyling; then cover your March-pane with a sheet of Paper as big as a Charger, then cut it round by that Charger, and set an edge about it as about a Tart, then bottom it with Wafers, then bake it in an Oven or in a baking pan, and when it is hard and dry, take it out of the Oven, and Ice it with Rose-water and Sugar, and the white of an Egg, being as thick as Butter, and spread it over thin with two or three feathers, and then put it into the Oven again, and when you see it rise high and white, take it out again and garnish it with some pretty conceit, and stick some long Comfits upright in it, so guild it, then strew Bisket and Carraways on it. If your March-pane be Oyly in beating, then put to it as much Rose-water as will make it almost as thin as Ice.

*Lozenges*

*Lozenges.*

**T**Ake Blossoms of Flowers, and beat them in a bowl-dish, and put them in as much clarified Sugar as may come to the colour of the Cover, then boyl them with stirring, till it is come Sugar again; then beat it fine, and searse it, and so work it up to Paste with a little Gum-Dragon, steep it in Rose-water, then print it with your mould, and being dry, keep it up.

*To make Walnuts Artificial.*

**T**Ake searsed Sugar, and Cinnamon, of quantity alike, work it up with a little Gum-Dragon, steep it in Rose-water, and print it in a mould made like a Walnut shell, then take white Sugar Plates, print it in a mould made like a Walnut kernel, so when they are both dry, close them up together with a little Gum-Dragon betwixt, and they will dry as they lye.

*To make Collops like Bacon, of Marchpane.*

**T**Ake some of your Marchpane Paste, and work it in red Sanders till it be red, then

then rowl a broad sheet of white Paste, and a sheet of red Paste, three of the white and four of the red, and so one upon another in mingled sorts, every red between; then cut it overthwart till it look like Collops of Bacon, then dry it.

*To make Artificial Fruits.*

**T**Ake a Mould made of Alabaster, three yolks, and tyo two pieces together, and lay them in water an hour, and take as much Sugar as will fill up your mould, and boil it in a *Manus Christi*, then pour it into your mould suddenly, and clap on the lid, round it about with your hand, and it will be whole and yellow, then colour it with what colour you please, half red, or half yellow, and you may yellow it with a little Saffron steeped in water.

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**M****Touching**

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## Touching Preserves and Pomanders.

*To make an excellent Perfume to burn between two Rose leaves.*

**T**Ake an ounce of Juniper, an ounce of Storax, half a dozen drops of the water of Cloves, six grains of Musk, a little gum-Dragon steeped in water, and beat all this to Paste, then roll it in little pieces as big as you please, then put them betwixt two Rose leaves, and so dry them in a dish in an Oven, and being so dried, they will burn with a most pleasant smell.

*To make Pomander.*

**T**Ake one ounce of Benjamin, an ounce of Storax, and an ounce of Laudanum, heat a Mortar very hot, and beat all these Gums to a perfect paste; in beating of it put in six grains of Musk, four grains of Civit; when you have beaten all this to a fine paste with your hands with Rosewater, roll it round betwixt your hands, and make holes

holes in the heads, and so string them while they be hot.

*To make an Ipswitch Water.*

**T**Ake a pound of fine white Castle-sope, shave it thin in a pint of Rose-water, and let it stand two or three days; then pour all the water from it, and put to it half a pint of fresh water; and so let it stand one whole day, then pour out that, and put half a pint more, and let it stand a night more, then put to it half an ounce of powder called sweet-Marjoram, a quarter of an ounce of the powder of Winter-Savory, two or three drops of the Oyl of Spike, and the Oyl of Cloves, three grains of Musk, and as much Ambergreece; work all these together in a fair Mortar, with the powder of an Almond Cake dried, and beaten as small as fine flower, so rowl it round in your hands in Rosewater.

*To make a Sweet Smell.*

**T**Ake the Masse of a sweet-Apple-Tree, being gathered betwixt the two Lady days, and put to it a quart of Damask Rose-water, and dry it in a dish in an Oven, wet it in drying two or three times with

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Rose-



Rose-water, then put to it an ounce of Benjamin, an ounce of Storax Calamintæ: these Gums being beaten to powder, with a few leaves of Roses, then you may put what cost of smells you will bestow, as much Civet or Ambergreece, and beat it all together in a Pomander or Bracelet.

## Touching Wines.

*To make Hypocrass.*

**T**Ake four gallons of Claret wine, eight ounces of Cinamon, three Oranges, of Ginger, Cloves, and Nutmegs, a small quantity, Sugar six pound, three sprigs of Rosemary, bruise all the Spices somewhat small, and so put them into the Wine, and keep them close stopped, and often shaken together a day or two, then let it run through a gelly bag twice or thrice with a quart of new Milk.

*The Lady Thornburgh's Syrup of Elders.*

**T**Ake Elder berries when they be red, bruise them in a stone Mortar, strain the

the juyce, and boyl it to a Consumption of almost half, scum it very clear, take it off the fire whilst it is hot, put in Sugar to the thickness of a Syrup; put it no more on the fire, when it is cold, put it into glasses, not filling them to the top, for it will work like Beer.

This cleanseth the stomach and Spleen, and taketh away all obstructions of the Liver, by taking the quantity of a spoonful in a morning, and fasting a short time after it.

*To make Jelly of Raspis the best way.*

**T**Ake the Raspis, and set them over the fire in a Posnet, and gather out the thin juyce, the bottom of the skillet being cooled with fair water, and strain it with a fine strainer, and when you have as much as you will, then weigh it with Sugar, and boyl them till they come to a gelly, which you may perceive by drawing your finger on the back of the spoon.

*To dry Fox-skins.*

**T**Ake your shee Fox-skins, nail them up on a board as strait as you can, then brush them as clean as you can, then take Aqua Fortis, and put into it a sixpence,

and still put in more as long as it will dissolve it, then wash your skin over with this water, and set it to dry in the Sun; and when it is dry, wash it over with the spirits of wine; this must be done in hottest time of Summer.

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## Choice Secrets made known.

*To make true Magistery of Pearl.*

**D**issolve two or three ounces of fine seed Pearl in distilled Vinegar, and when it is perfectly dissolved, and all taken up, pour the Vinegar into a clean glass bason; then drop some few drops of Oyl of Tartar upon it, and it will cast down the Pearl into fine powder, then pour the Vinegar clean off softly, then put to the Pearl clear Conduit or spring water; pour that off, and do so often untill the taste of the Vinegar and Tartar be clean gone, then dry the powder of Pearl upon warm embers, and keep it for your use.

*How*

*How to make Hair grow.*

**T**Ake half a pound of Aqua Mellis in the Spring time of the year, warm a little of it every morning when you rise, in a sawcer, and tye a little sponge to a fine box comb, and dip it in the water, and therewith moisten the roots of the Hair, in combing it, and it will grow long, thick, and curled in a very short time.

*To write Letters Secret, that they cannot be read without the directions following.*

**T**Ake fine Allom, beat it small, and put a reasonable quantity of it into water, then write with the said water.

The words cannot be read but by steeping your paper in fair running water.

You may likewise write with Vinegar, or the juyce of a Lemon or Onion; if you would read the same you must hold it before the fire.

*How to keep Wine from sowering.*

**T**Y E a piece of very salt Bacon on the inside of your barrel, so as it touch not the wine, which will preserve Wine from sowering.

*To take out spots of Grease or Oyl.*

**T**Ake bones of Sheeps feet, burn them almost to ashes, then bruise them to powder, and put of it on the spot, and lay it in the Sun when it shineth hottest, when the Powder becomes black, lay on reshin the place till it fetch out the spots, which will be done in a very short time.

*To make Hair grow black, though any colour.*

**T**Ake a little Aqua Fortis, put therein a groat or sixpence, as to the quantity of the aforesaid water, then set both to dissolve before the fire, then dip a small sponge in the said water, and wet your beard or hair therewith; but touch not the skin.

*King Edward's Perfume.*

**T**Ake twelve spoonfuls of right red Rose water, the weight of sixpence in fine powder of Sugar, and boil it on hot Embers and Coals softly, and the house will smell as though it were full of Roses; but you must burn the sweet Cypress wood before, to take away the gross air.

*Queen*

*Queen Elizabeth's Perfume.*

**T**Ake eight spoonfuls of Compound water, the weight of two-pence in fine powder of Sugar, and boyl it on hot Embers and Coals softly, and half an ounce of sweet Marjoram dried in the Sun, the weight of two-pence of the powder of Benjamin. This Perfume is very sweet, and good for the time.

*Mr. Ferene of the New Exchange, Perfumer to the Queen, his rare Dentifrice, so much approved of at Court.*

**F**irst take eight ounces of Irios-roots, also four ounces of Pomistone, and eight ounces of Cuttle-bone, also eight ounces of Mother of pearl, and eight ounces of Coral, and a pound of Brick, if you desire to make them red; but he did oftner make them white; and then instead of the Brick, did take a pound of fine Alabaster: all this being thoroughly beaten, and sifted through a fine searse, the powder is then ready prepared to make up in a Paste, which must be done as follows.

*To make the said Powder into a Paste.*

**T**AKE a little Gum-Dracant, and lay it in steep twelve hours, in Orange flower water, or Damask Rose-water, and when it is dissolved, take the sweet Gum, and grind it on a Marble stone with the aforesaid powder, and mixing some crums of white-bread, it will come into a Paste; the which you may make Dentifrices of what shape or fashion you please, but rolls is the most commodious for your use.

*The Receipt of the Lady Kents Powder, presented by her Lady-ship to the Queen.*

**T**AKE white Amber, Crabs eyes, red Corral, Harts-horn and Pearl, all prepared severall, of each a like proportion, tear and mingle them, then take Harts-horn gelly, that hath some Saffron put into a bag, dissolve into it while the gelly is warm, then let the gelly cool, and therewith make a Paste of the powders, which being made up into little Balls, you must dry gently by the fire side. Pearl is prepared by dissolving it with the juyce of Lemons, Amber prepared by beating it to powder; so also Crabs eyes and Corral, Harts-horn prepared by  
burning

burning it in the fire, and taking the shires of it especially, the pith wholly rejected.

*A Cordial Water of Sir Walter Rawleighs*

**T**AKE a gallon of Strawberries, and put them into a pint of *Aqua Vitæ*, let them stand so four or five days, strain them gently out, and sweeten the water as you please with fine Sugar; or else with Perfume.

*To Lady Mallets Cordial Water.*

**T**AKE a pound of fine Sugar beaten, and put to it a quart of running water, pour it three or four times through a bag; then put a pint of Damask Rose-water, which you must alwayes pour still through the bag, then four penny-worth of Angelica-water, four pence of Clove-water, four pence of Rosa Solis, one pint of Cinnamon water, or three pints and a half of *Aqua Vitæ*, as you find it in taste; put all these together three or four times through the bag or strainer, and then take half an ounce of good Muskallis, and cut them grossly, and put them into a glass, and fill them with the water, &c.



*A Sovereign water of Dr. Stephen's which he a long time used, wherewith he did many Cures ; he kept it secret, till a little before his death, and then he gave it to the Lord Arch-Bishop of Canterbury in writing, being as followeth, viz.*

**T**Ake a Gallon of good Gascoine Wine, and take Ginger, Galingale, Cinnamon, Nutmegs, Cloves, Grains, Anniseeds, Fennil-seed, of every of them a dram, then take Caraway seed, of red Mints, Roses, Thyme, Pellitory of the Wall, Rosemary, wild Thyme, Camomile, the leaves, if you cannot get the flowers, of small Lavender, of each a handful, then bray the Spices small, and bray the Herbs, and put all into the Wine, and let it stand so twelve hours, stirring it divers times, then still it in a Limbeck, and keep the first water, for it is best; then put the second water by it self, for it is good, but not of such Virtues, &c.

*The Virtues of this Water:*

**I**T comforts the Vital Spirits, and helps all inward diseases that come of cold ; it is good against the shaking of the Palsie ; it cures the contraction or the Sinews, helps the

the conception of Women if they be Barren, it kills the Worms in the Belly and Stomach ; it cures the cold Dropſie, and helps the ſtone in the Bladder, and in the Reins of the Back ; it helps ſhortly the ſtinking breath, and whoſoever uſeth this Water morning and evening (and not too often) it preſerveth him in good liking, and will make him ſeem young very long, and comforteth Nature marvellouſly ; with this water did Mr. *Stephens* preſerve his life till extreame age would not let him go or ſtand ; and he continued five years, when all the Phyſicians judged he would not live a year longer, nor did he uſe any other Medicine but this, &c.

*A Plague-water to be taken one ſpoonful every four hours, with one ſweat every time.*

**T**Ake Scabious, Bettony, Pimpernel, and Turmentine roots, of each a pound, ſteep theſe all night in three Gallons of ſtrong Beer, and diſtill them all in a Limbeck, and when you uſe it, take a ſpoonful thereof every four hours, and ſweat well after it, draw two quarts of water, if your Beer be ſtrong, and mingle them both together.

*Poppy-Water.*

**T**ake four pound of the flowers of Poppies well pickt and sifted, steep them all night in three Gallons of Ale that is strong, and still it in a Limbeck; you may draw two quarts, the one will be strong and the other will be small, &c.

*A Water for a Consumption, or for a Brain that is weak.*

**T**ake Cream (or new Milk) and Claret Wine, of each three pints, of Violet-flowers, Bugloss and Borage flowers, of each a spoonful, Comfrey, Knot-grass, and Plantain, of these half a handful, three or four Pome-waters sliced, a stick of Liquorish, some Pompion seeds and strings; put to this a Cock that hath been chased and beaten before he was killed, dress it as to boyl, and parboyl it untill there be no blood in it; then put them in a pot, and set them over your Limbeck, and the soft fire; draw out a pottle of water, then put your water in a Pipkin over a Charcoal fire, and boyl it a little while, dissolve therein six ounces of white Sugar-candy, and two penny weight of Saffron: when it is cold, strain it into a glass,

glass, and let the Patient drink three or four spoonfuls, three or four times a day Blood-warm; your Cock must be cut into small pieces, and the bones broken, and in case the flowers and herbs are hard to come by, a spoonful of their stilled waters are to be used.

*Another of the same.*

**T**AKE a pottle of good Milk, one pint of Muskadine, half a pint of red Rose-water, a penny Manchet sliced thin, two handfulls of Raisins of the Sun stoned, a quarter of a pound of fine Sugar, sixteen Eggs beaten; mix all these together, then distill them in a common Still with a soft fire, then let the Patient drink three or four spoonfuls at a time blood-warm, being sweetned with *Manus Christi* made with Coral and Pearl; when your things are all in the Still, strew four ounces of Cinnamon beaten, this water is good to put into broth, &c.

*A good Stomach Water.*

**T**AKE a quart of Aqua Composita, or Aqua Vitæ; (the smaller) and put into it one handfull of Cowslip flowers,

a good handful of Rosemary-flowers, sweet Marjoram; a little Pellitory of the Wall, a little Bettony and Balm, of each a little handful, Cinnamon half an ounce, of Nutmegs a dram, Anniseeds, Coriander-seeds, Caraway seeds, Gromel seeds, Juniper berries, of each a dram, bruise the spice and seeds, and put them into Aqua Composita, or Aqua Vitæ, with your herbs together, and put into them a pound of very fine Sugar, stir them well together, and put them into a glass and let it stand, in the Sun nine days, and stir it every day; two or three Dates, and a little race of Ginger sliced into it will make it the better, especially against wind, &c.

*A bag of Purging Ale.*

**T**AKE of Agrimony, Speed-well, Liverwort, Scurvy-grass, Water-Cresses, of each a handful, of Monk, of Rhubarb, and red Madder, of each half a pound, of Horseradishes three ounces, Liquorish two ounces, Sassafrage four ounces, Sena seven ounces, sweet Fennel-seeds two drams, Nutmegs four; pick and wash your herbs and roots, and bruise them in a Mortar, and put them in a bag made of a Bolter, and so hang them in three gallons of middle Ale, and let it work

work in the Ale, and after three days you may drink it as you see occasion, &c.

*The Ale of Health and Strength, by Viscount St. Albans.*

**T**AKE Sassafras wood half an ounce, Sapparilla three ounces, white Saunders one ounce, Chamapition an ounce, China-root half an ounce, Mace a quarter of an ounce, cut the wood as thin as may be with a Knife. into small pieces, and bruise them in a Mortar, put to them these sorts of Herbs, (*viz.*) Cow-slip flowers, Roman wormwood, of each a handful, of Sage, Rosemary, Bettony, Mugwort, Balm and sweet Marjoram, of each half a handful, and one handful of Hops; boyl all these in six Gallons of Ale till it come to four; then put the wood and herbs into six gallons of Ale of the second wort, and boyl it till it come to four, let it run from the dregs, and put your Ale together, and run it as you do other purging Ale, &c.

*A Water excellent good against the Plague.*

**T**AKE three pints of Malmsey, or Muscadine, of Sage and Rue, of each one handful, boyl them together gently to  
one

one pint, then strain it and set it on the fire again, and put to it one pennyworth of long Pepper, Ginger four drams, Nutmegs two drams, all beaten together, then let it boyl a little, take it off the fire, and while it is very hot, dissolve therein six pennyworth of Mithridate, and three pennyworth of Venice Treacle, and when it is almost cold, put to it a pint of strong Angelica water, or so much *Aqua Vitæ*, and so keep it in a glass close stopped.

*A cordial Cherry Water.*

**T**AKE a pottle of *Aqua Vitæ*, two ounces of ripe Cherries stoned, Sugar one pound, twenty four Cloves, one stick of Cinnamon, three spoonfuls of Anniseed bruised, let these stand in the *Aqua Vitæ* fifteen days, and when the water hath fully drawn out the tincture, pour it off into another glass, for your use, which keep close stopped, the Spice and the Cherries you may keep, for they are very good for wind in the Stomach.

*The Lord Spencer's Cherry-Water.*

**T**AKE a pottle of new Sack, four pound of through ripe Cherries stoned, put them

them into an earthen pot, to which put an ounce of Cinnamon, Saffron unbruised one dram, tops of Balm, Rosemary, or their flowers, of each one handful, let them stand close covered twenty four hours, now and then stirring them; then put them into a cold still, to which put of beaten Amber two drams, Coriander seed one ounce, Alkermis one dram, and distill it leisurely, and when it is fully distilled, put to it twenty grains of Musk. This is an excellent Cordial, good for Faintings and Swoonings, for the Crudities of the stomach, Wind and swelling of the Bowels, and divers other evil symptoms in the body of Men or Women.

*The herbs to be distilled for Usquebab.*

**T**AKE Agrimony, Fumitory, Bettony, Buglofs, Worm-wood, Harts-tongue, Carduus Benedictus, Rosemary, Angelica, Tormentil, of each of these for every gallon of Ale one handful, Anniseeds and Liquorish well bruised half a pound, still these together, and when it is stilled, you must infuse Cinnamon, Nutmeg, Mace, Liquorish, Dates, and Raisins of the Sun, and Sugar what quantity you please. The infusion must be till the colour please you.

*Dr.*



*Dr. King's way to make Mead.*

**T**AKE five quarts and a pint of water, and warm it, then put one quart of Honey to every gallon of Liquor, one Lemon, and a quarter of an ounce of Nutmegs; it must boyl till the scum rise black, that you will have it quickly ready to drink, squeeze into it a Lemon when you tun it. It must be cold before you tun it up.

*To make Syrup of Rasberries.*

**T**AKE nine quarts of Rasberries, clean pickt, and gathered in a dry day, and put to them four quarts of good Sack, into an earthen pot, then paste it up very close, and set it in a Cellar for ten days, then distill it in a Glasse or Rose-still, then take more Sack and put in Rasberries to it, then when it hath taken out all the colour of the Raspis, strain it out, and put in some fine Sugar to your taste, and set it on the fire, keeping it continually stirring till the scum doth rise; then take it off the fire, let it not boyl, skim it very clean, and when it is cold put it to your distilled Raspis; but colour it no more than to make it

it pale Claret Wine. This put into bottles or glasses stopt very close.

*To make Lemon Water.*

**T**AKE twelve of the fairest Lemons, slice them, and put them into two pints of white-Wine, and put to them Cinamon two drams, Gallingale two drams, of Rose-leaves, Borage and Buglofs flowers, of each one handful, of yellow Saunders one dram: steep all these together twelve hours, then distill them gently in a glass still, until you have distilled one pint and a half of the water, and then add to it three ounces of Sugar, one grain of Ambergreece, and you will have a most pleasing cleansing Cordial water for many uses.

*To make Gilly-flower Wine.*

**T**AKE two ounces of dried Gilly-flowers, and put them into a pottle of Sack, and beat three ounces of Sugar-candy, or fine Sugar, and grind some Ambergreece, and put it in the bottle, and shake it oft, then run it through a gelly-bag, and give it for a great Cordial after a weeks standing or more. You make Lavender as you do this.

*The*

*The Lady Spotwood's Stomach-Water.*

**T**AKE white-wine one pottle, Rosemary and Cowslip flowers, of each one handful, as much Bettony leaves, Cinnamon and Cloves grossly beaten, of both one ounce; steep all these three days, stirring it often; then put to it Mithridate four ounces, and stir it together, and distill it in an ordinary Still.

*Water of Thyme for the Passion of the Heart.*

**T**AKE a quart of white-Wine, and a pint of Sack, steep it in as much broad Thyme as it will wet, put to it of Galingale and Calamus Aromaticus, of each one ounce, Cloves, Mace, Ginger, and grains of Paradise two drams, steep these all night, the next morning distill it in an ordinary Still, and drink it warm with Sugar.

*A Receipt to make damnable Hum.*

**T**AKE Spices de Gemmis, Aromaticum Rosatum, Diarrhodon Abbatis, Letificans Galeni, of each four drams, Loaf-Sugar beaten to powder half a pound, small Aqua Vitæ three pints, strong Angelica wa-  
ter

ter one pint; mix all these together, and when you have drunk it to the Dregs, you may fill it up again with the same quantity of water. The same powders will serve twice, and after twice using it, it must be made new again.

*An Admirable Water for sore Eyes.*

**T**AKE *Lapis Tutia*; Aloes Hepatica, fine hard Sugar, of each three drams, beat them very small, and put them into a glass of three pints; to which put red Rose-water and white-Wine, of each one pint; set the Glass in the Sun, in the Month of *July*, for the whole Month, shaking it twice in a day for all that while; then use it as followeth, put one drop thereof into the eye in the Evening, when the party is in bed, and one drop in the morning an hour before the Patient riseth. Continue the use of it till the eyes be well. The older the Water, the better it is. Most approved.

*A Snail Water for weak Children, and old People.*

**T**AKE a pottle of Snails, and wash them well in two or three waters, and then in small beer, bruise them shells and all, then

then put them into a gallon of red Cows Milk, red rose leaves dried, the whites cut off, Rosemary, sweet Marjoram, of each one handful, and so distill them in a cold still, and let it drop upon powder of white Sugarcandy in the Receiver; drink of it first and last, and at four a clock in the afternoon, a wine glass full at a time.

*Clary Water for the Back, Stomach, &c.*

**T**AKE three Gallons of midling Beer, put it in a great brass pot of four gallons, and put to it ten handfuls of Clary gathered in a dry day, Raisins of the Sun stoned three pounds, Anniseed, and Liquorish, of each four ounces, the whites and shells of twenty four Eggs, or half so many, if there be not so much need in the back, the shells small, and mix them with the whites; put to the bottoms of three white loaves; put into the Receiver one pound of white Sugarcandy, or so much fine Loaf-Sugar beaten small, and distill it through a Limbeck, keep it close, and be seldom without it; for it reviveth very much the stomach and heart, strengthneth the back, procureth appetite and digestion, driveth away Melancholy, sadness and heaviness of the heart, &c.

Dr.

*Dr. Montfords Cordial Water.*

**T**Ake Angelica leaves twelve handfuls, six leaves of Carduus Benedictus, Balm and Sage, of each five handfuls, the seeds of Angelica and sweet Fennil, of each five ounces bruised, scraped and bruised Liquorish twelve onnces, Aromaticum Rosatum, Diamoscus dulcis, of each six drams; the Herbs being cut small, the Seeds and Liquorish bruised, infuse them into two gallons of Canary Sack for twenty four hours, then distill it with a gentle fire, and draw off only five pints of the Spirits, which mix with one pound of the best Sugar dissolved into a Syrup in half a pint of red Rose water.

*Aqua Mirabilis Sir Kenelm Digby's wa.*

**T**Ake Cubebs, Galingale, Cardamus, Mellilot flowers, Cloves, Mace, Ginger, Cinnamon, of each one dram bruised small, juyce of Celandine one pint, juyce of Spearmint half a pint, juyce of Balm half a pint, Sugar one pound, flower of Cowslips, Rosemary, Borrage, Bugloss, Marigolds, of each two drams, the best Sack three pints, strong Angelica water one pint, red Rose-water  
N half

half a pint, bruise the Spices and Flowers, and steep them in the Sack and juyces one night, the next morning distill it in an ordinary or glass Still, and first, lay Hearts-tong leaves in the bottom of the Still.

*The Virtues of the precedent Water.*

This water preserveth the Lungs without grievances, and helpeth them; being wounded, it suffereth not the blood to putrifie, but multiplyeth the same; this water suffereth not the heart to burn, nor Melancholy, nor the Spleen to be lifted up above Nature; it expelleth the Rhume, preserveth the Stomach, Conserveth youth, and procureth a good colour, it preserveth memory, it destroyeth the pallsie; if this be given to one a dying, a spoonful of it reviveth him; in the Summer use one spoonful a week fasting, in the Winter two spoonfuls.

*A Water for fainting of the Heart.*

**T**Ake Bugloss, and red Rose-water, of each one pint, Milk half a pint, Aniseeds and Cinnamon grossly bruised, of each half an ounce, Maiden hair two handfulls, Hearts-tongue one handfull, both shred, mix all together, and distill it in an ordinary still, drink

drink of it morning and evening with a little Sugar.

*A Surfeit Water.*

**T**Ake half a bushel of red Corn Poppy, put it into a large dish, cover it with brown Paper, and lay another dish upon it, set it in an Oven after brown bread is baked divers times till it be dry, which put into a pottle of good *Aqua Vitæ*, to which put Raisins of the Sun Stoned half a pound, six figs sliced, three Nutmegs sliced, two stalks of Mace bruised, two races of Ginger sliced, one stick of Cinnamon bruised, Liquorish sliced one ounce, Anniseed, Fennil-seed, and Cardamums bruised, of each one dram; put all these into a broad glass body, and lay first some Poppy in the bottom, then some of the other ingredients, then Poppy again, and so untill the Glass be full; then put in the *Aqua Vitæ*, and let it infuse till it be strong of the Spices, and very red with the Poppy, close covered, of the which take two or three spoonfuls upon a Surfeit, and when all the liquor is spent, put more *Aqua Vitæ* to it, and it will have the same effect the second time, but no more after.



*Dr. Butler's Cordial water against Melancholy, &c. most approved.*

**T**Ake the flowers of Cowslips, Marigolds, Pinks, Clove-gillyflowers single stock-gillyflowers, of each four handfuls, the flowers of Rosemary, and Damask Roses, of each three handfuls, Borrage and Buglofs flowers, and Balm-leaves, of each two handfuls; put them in a quart of Canary Wine into a great Bottle or Jug close stopped with a Cork, sometimes stirring the flowers and Wine together, adding to them Anniseeds bruised one dram, two Nutmegs sliced, English Saffron two penny worth; after some time of infusion, distill them in a cold still with a hot fire, hanging at the Nose of the still, Ambergreece and Musk, of each one grain; then to the distilled water put white Sugarcandy finely beaten six ounces, and put the glass wherein they are into hot water for one hour. Take of this water at one time three spoonfuls thrice a week, or when you are ill, it cureth all Melancholy Fumes, and infinitely comforts the spirits.

*The admirable and most famous Snail-  
Water.*

**T**AKE a peck of garden shell Snails, wash them well in small Beer, and put them in a hot Oven till they have done making a noise, then take them out and wipe them well from the green froth that is upon them, and bruise them shells and all in a stone Mortar, then take a quart of earth-worms, sower them with Salt, slit them and wash them well with water from their filth, and in a stone Mortar beat them to pieces, then lay in the bottom of your distilled pot Angelica two handfuls, and two handfuls of Celandine upon them, to which put two quarts of Rosemary-flowers, Bears-foot, Agrimony, red Dock roots, Bark of Barberries, Bettony, wood-Sorrel, of each two handfuls, Rue one handfull; then lay the Snails and Worms on the top of the herbs and flowers, then pour on three gallons of the strongest Ale; and let it stand all night, in the morning put in three ounces of Cloves beaten, six-penny-worth of beaten Saffron, and on the top of them, six ounces of shaved Harts-Horn, then set on the Limbeck, and close it with paste, and so receive the water by pints, which

will be nine in all, the first is the strongest, whereof take in the morning two spoonfuls in four spoonfuls of small Beer, and the like in the afternoon: you must keep a good Diet, and use moderate exercise to warm the blood.

This Water is good against all Obstructions whatsoever, It cureth a Consumption and Drop sic, the stopping of the Stomach and Liver. It may be distilled with Milk for weak people and Children, with Harts-tongue and Elecampane.

*A singular Mint-water.*

**T**AKE a still full of Mints, put Balm and Penny-royal, of each one good handful, steep them in Sack, or Lees of Sack, twenty four hours, stop it close, stir it now and then: Distill it in an ordinary Still with a very quick fire, and keep the still with wet cloaths, put into the Receiver as much Sugar as will sweeten it, and so double distill it.

*Distillings.*

## Distillings.

*A most excellent Aqua Cœlestis taught by  
Mr. Philips, Apothecary.*

**T**Ake of Cinamon one dram, Ginger half a dram, the three sorts of Saunders of each of them three quarters of an ounce, Mace and Cubebs, of each of them one dram, Cardamon the bigger and lesser, of each three drams, Setwell-roots, half an ounce, Anniseed, Fennil-seed, Basil-seed, of each two drams, Angelica-roots, Gillyflowers, Thyme, Calamint, Liquorish, Calamus, Master-wort, Pennyroyal, Mint, Mother of Thyme, Marjoram, of each two drams, red Rose-seed, the flowers of Sage and Bettony, of each a dram and a half, Cloves, Galingale, Nutmegs, of each two drams, the flowers of Stechadoes, Rosemary, Borage and Bugloss flowers, of each a dram and half, Citron Rinds three drams; bruise them all, and put in those Cordial Powders, Diamber Aromaticum, Diamas-cum, Diachoden, the Spices made with Pearl, of each three drams; infuse all these in twelve pints of *Aqua vitæ*, in a glass close stopped for fifteen days, often shaking it, then let it be put in a Limbeck close stop-  
N. 4. ped,

ped, and let it be distilled gently ; when you have done, hang it in a cloth, two drams of Musk, half a dram of Ambergreece, and ten or twelve grains of Gold, and so receive it to your use.

*Hypocras taught by Dr. Twin for Wind in the Stomach.*

**T**Ake Pepper, Grains, Ginger, of each half an ounce, Cinnamon, Cloves, Nutmegs, Mace, of each one ounce grossly beaten, Rosemary, Agrimony both shred, of each a few crops, red Rose-leaves a pretty quantity, as an indifferent gripe, a pound of Sugar beaten ; lay these to steep in a gallon of good Rhenish or white-Wine in a close Vessel, stirring it two or three times a day the space of three or four days together, then strain it through an Hypocras strainer, and drink a draught of it before meat half an hour, and sometimes after to help digestion.

*Marigold flowers distilled, good for the pain of the Head*

**T**Ake Marigold flowers and distill them, then take a fine cloth and wet it in the aforesaid distilled water, and so lay it to the forehead

forehead of the Patient, and being so applied, let him sleep if he can: this with Gods help will cease the pain.

*A Water good for the Sun-burning.*

**T**Ake Water drawn off the Vine-dropping, the flowers of white Thorn, Bean Flowers, Water-Lilly-flowers, Garden-Lilly-flowers, Elder-flowers, and Tansie-flowers, Althea-flowers, the whites of Eggs, French-Barley.

*The Lady Giffords Cordial Water.*

**T**Ake four quarts of *Aqua Vitæ*, Borrage, and Poppy-water, of each a pint, two pound of Sugarcandy, one pound of Figs sliced, one pound of Raisins of the Sun stoned, two handfuls of red Roses clipped and dried, one handful of red Mint, half a handful of Rosemary, as much of Hysop, a few Cloves; put all these in a great double Glass close stopped, and set it in the Sun three months, and so use it.

*A Water for one pensive and very sick, to comfort the Heart very excellent.*

**T**Ake a good spoonful of *Manus Christi*, beaten very small into powder, then take a quarter of a pound of very fine Sugar, and beat it small, and six spoonfuls of Cinnamon-water, and put to it, and ten spoonfuls of red Rose-water; mingle all these together, and put them in a dish, and set them over a soft fire five or six Walms; and so let it be put into a glass, and let the party drink thereof a spoonful or two, as he shall see cause.

*To Perfume Water.*

**T**Ake Malmsey or any kind of sweet water; then take Lavender, Spike, sweet-Marjoram, Balm, Orange-peels, Thyme, Basil, Cloves, Bay-leaves, Wood-bine-flowers, red and white Roses, and still them all together.

*The Table.*

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FINIS

The Compleat

C O O K:

Expertly Prescribing

The most ready Ways,

Whether { *Italian,*  
          { *Spanish, or*  
          { *French,*



F O R

Dressing of *Flesh*, and *Fish*,

Ordering of *Sauces*,

Or making of

P A S T R Y.

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L O N D O N :

Printed in the Year 1695.

The Complaint

OF

The most noble

James

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The Compleat  
COOK:

Expertly Prescribing

The most ready Ways,  
whether *Italian, Spanish or*  
*French*, for Dressing of FLESH  
and FISH, &c.

*To make a Posset the Earl of Arundel's way.*

**T**Ake a quart of Cream, and a  
quarter of a Nutmeg in it, then  
put it on the fire, and let it boyl  
a little while, and as it is boyl-  
ing, take a pot or bason, that  
you mean to make your Posset in, and put in  
three spoonfuls of Sack, and some eight of  
Ale, and sweeten it with Sugar, then set it  
over

over the Coals to warm a little while, then take it off, and let it stand till it be almost cool, then put it into the pot or bason, and stir it a little, and let it stand to simmer over the fire an hour or more, for the longer the better.

*To boyl a Capon Larded with Lemons.*

**T**Ake a fair Capon and truss him, boyl him by himself in fair water, with a little small Oatmeal, then take Mutton broth, and half a pint of white-Wine, a bundle of herbs, whole Mace, season it with Verjuyce, put Marrow, Dates, season it with Sugar, then take preserved Lemons, and cut them like Lard, and with a Larding-pin lard it in, then put the Capon in a deep dish, thicken your broth with Almonds, and pour it on the Capon.

*To bake Red Deer.*

**P**arboyl it, and then sauce it in Vinegar, then lard it very thick, and season it with Pepper, Ginger and Nutmegs, put it into a deep Pye with good store of sweet Butter, and let it bake, when it is baked take a pint of Hypocras, half a pound of sweet Butter, two or three Nutmegs, a

little.

little Vinegar, put it into the Pye in the Oven, and let it lye and soak an hour, then take it out, and when it is cold stop the vent-hole.

*To make fine Pancakes fried without Butter or Lard.*

**T**AKE a pint of Cream, and six new-laid Eggs, beat them very well together, put in a quarter of a Pound of Sugar, and one Nutmeg, or a little beaten Mace (which you please) and so much flower as will thicken almost as much as ordinarily Pancake-batter; your Pan must be heated reasonable hot, and wiped with a clean cloth, this done, put in your Batter as thick or thin as you please.

*To dress a Pig the French Manner.*

**T**AKE it and spit it, and lay it down to the fire, and when your Pig is through warm, skin her, and cut her off the spit as another Pig is, and so divide it into twenty pieces more or less as you please; when you have so done, take some white-Wine and strong Broth, and stew it therein, with an Onion or two mixed very small, a little Thyme also minced, with Nutmeg sliced and  
grated



grated Pepper, some Anchoves and Elder Vinegar, and a very little sweet Butter, and Gravy if you have it, so dish it up with the same Liquor it is stewed in, with French Bread sliced under it, with Oranges and Lemons.

*To make a Steak Pye with a French Pudding in the Pye.*

**S**Eason your Steaks with Pepper and Nutmegs, and let it stand an hour in a Tray; then take a piece of the leanest of a Leg of Mutton, and mince it small with suet and a few sweet Herbs, tops of young Thyme, a branch of Pennyroyal, two or three of red Sage, grated bread, yolks of Eggs, sweet Cream, Raisins of the Sun; work altogether like a Pudding with your hand stiff, and rowl them round like balls and put them into the Steaks in a deep Coffin, with a piece of sweet Butter; sprinkle a little Verjuice on it, bake it, then cut it up, and rowl Sage leaves and fry them, and stick them upright in the walls, and serve your Pye without a cover, with the juyce of an Orange or Lemon.

*An Excellent way of dressing Fish.*

**T**AKE a piece of fresh Salmon, and wash it clean in a little Vinegar and water, and let it lye a while in it, then put it into a great Pipkin with a cover, and put to it some six Spoonfuls of water and four of Vinegar, and as much of white-wine, a good deal of Salt, a handful of sweet herbs, a little white Sorrel, a few Cloves, a little stick of Cinnamon, a little Mace, put all these in a Pipkin close, and set it in a Kettle of seething water, and there let it stew three hours.

*You may do Carps, Eels, Trouts, &c. this way, and they taste also to your mind.*

*To fricate Sheeps Feet.*

**T**AKE Sheeps feet, slit the bones, and pick them very clean, then put them in a Frying-pan with a Ladleful of strong Broth, a piece of Butter, and a little Salt, after they have fryed a while, put to them a little Parsley, green Chibbalds, a little young Spearmint and Thyme, all shred very small, and a little beaten Pepper, when you think they are fryed almost enough, have a lear made for them with the yolks of two  
or

or three Eggs, some gravy of Mutton, a little Nutmeg, and juyce of a Lemon wrung therein, and put this lear to the Sheeps feet as they fry in the Pan, then tosse them once or twice, and put them forth into the Dish you mean to serve them in.

*To fricate Calves Chaldrons.*

**T**AKE a Calves Chaldron, after it is little more than half boyled, and when it is cold, cut it into little bits as big as Walnuts; season it with beaten Cloves, Salt, Nutmeg, Mace, and a little Pepper, an Onion, Parsley, and a little Tarragon, all shred very small, then put it into a Frying-pan with a Ladleful of strong Broth, and a little sweet Butter, so fry it; when it is fryed enough, have a little lear made with the gravy of Mutton, the juyce of a Lemon and Orange, the yolks of three or four Eggs, and a little Nutmeg grated therein; put all to your Chaldrons in the Pan, tosse your fricate two or three times, then dish it, and so serve it up.

*To fricate Champigneons.*

**M**AKE ready your Champigneons as you do for stewing, and when you have poured away the black liquor that comes from

from them, put your Champigneons into a Frying pan with a piece of sweet Butter, a little Parsley, Thyme, sweet-Marjoram, a piece of Onion shred very small, a little Salt and fine beaten Pepper, so fry them till they be enough, so have ready the lear above-said, and put it to the Champigneons whilst they are in the Pan, toss them two or three times, put them forth and serve them.

*To make Buttered Loaves.*

**T**AKE the yolks of twelve Eggs, and six whites, and a quarter of a pint of yeast; when you have beaten the Eggs well, strain them with the yeast into a dish, then put to it a little Salt, and two races of Ginger beaten very small, then put flower to it till it come to high Paste that will not cleave, then you must rowl it upon you hands, and afterwards put it into a warm Cloth, and let it lye there a quarter of an hour, then make it up in little Loaves, and bake it; against it is baked, prepare a pound and a half of Butter, and a quarter of a pint of white-Wine, and half a pound of Sugar; this being melted and beaten together with it, set them in the Oven a quarter of an hour.

*To murine Carps, Mullet, Gurnet, Rochet  
or Wale, &c.*

**T**Ake a quart of water to a gallon of Vinegar, a good handful of Bay-leaves, as much Rosemary, a quarter of a pound of Pepper beaten; put all these together, and let it seeth softly, and season it with a little Salt; then fry your Fish with frying Oyl till it be enough, then put it in an earthen vessel, and lay the Bay-leaves and Rosemary between and about the Fish, and pour the Broth upon it, and when it is Cold, cover it, &c.

*To make a Calves Chauldron Pye.*

**T**Ake a Calves Chauldron, half boyl it, and cool it, when it is cold mince it as small as grated Bread, with half a pound of Marrow, season it with Salt, beaten Cloves, Mace, Nutmeg, a little Onion, and some of the outmost rind of a Lemon minced very small, and wring in the juyce of half a Lemon, and then mix all together, then make a piece of puff Paste, and lay a leaf thereof in a silver dish of the bigness to contain the meat, then put in your meat, and cover it with another leaf of the same paste, and bake it; and when it is baked  
take

take it out and open it, and put in the juyce of two or three Oranges, stir it well together, then cover it again and serve it. Be sure none of your Orange kernels be among your Py-meat.

*To make a Puddin of a Calves Chauldron.*

**T**Ake your Chauldron after it is half boyled and cold, mince it as small as you can with half a pound of beef-suet, or as much marrow, season it with a little Onion, Parsley, Thyme, and the outmost rind of a piece of Lemon, all shred very small, Salt, beaten Nutmeg, Cloves and Mace mixed together, with the yolks of four or five Eggs, and a little sweet Cream; then have ready the great guts of a Mutton scraped and washed very clean; let your Gut have lain in white Wine and Salt half a day before you use it; when your meat is mixed and made up somewhat stiff, put it into the sheeps guts, and so boyl it, when it is boyled enough, serve it to the Table in the Gut.

*To make a Banbury Cake.*

**T**Ake a peck of pure Wheat-flower, six pound of Currans, half a pound of Sugar,

gar, two pound of Butter, half an ounce of Cloves and Mace, a pint and a half of Ale-yeast, and a little Rosewater ; then boyl as much new Milk as will serve to knead it, and when it is almost cold, put into it as much Sack as will thicken it, and so work it all together before a fire, pulling it two or three times in pieces, after make it up.

*To make a Devonshire White-pot.*

**T**Ake a pint of Cream and strain four Eggs into it, and put a little Salt and a little sliced Nutmeg, and season it with Sugar somewhat sweet, then take almost a penny Loaf of fine bread sliced very thin, and put it into a Dish that will hold it, the Cream and the Eggs being put to it, then take a handful of Raisins of the Sun, being-boyled, and a little sweet Butter, so bake it.

*To make Rice-Cream.*

**T**Ake a quart of Cream, two good handfuls of Rife-flower, a quarter of a pound of Sugar and flower beaten very small, mingle your Sugar and flower together, put it into your Cream, take the yolk of an Egg, beat it with a spoonful or two of Rosewater, then put it to the Cream, and stir all these together,

together, and set it over a quick fire, keeping it continually stirring till it be as thick as water-pap.

*To make a very good great Oxfordshire Cake.*

**T**Ake a peck of flower by weight, and dry it a little, and a pound and a half of Sugar, an ounce of Cinnamon, half an ounce of Nutmegs, a quarter of an ounce of Mace and Cloves, a good spoonful of Salt, beat your Salt and Spice very fine, and searse it, and mix it with your flower and Sugar, then take three pound of Butter and work it in the flower, it will take three hours working; then take a quart of Ale-yeast, two quarts of Cream, half a pint of Sack, six grains of Ambergreece dissolved in it, half a pint of Rosewater, sixteen Eggs, eight of the whites, mix these with the flower, and knead them well together, then let it lye warm by your fire till your Oven be hot, which must be a little hotter than for Mince-pie; when you make it ready for your Oven, put therein your Cake six pound of Currans, two pound of Raisins of the Sun stoned and minced, so make up your Cake, and set it in your Oven stopped close; it will take three hours baking; when baked, take it out and roast it over with the white of an Egg and Rose-



Rose-water well beat together, and strew fine Sugar upon it, and then set it again into the Oven, that it may ice.

*To make a Pumpkin Pye.*

**T**AKE about half a pound of Pumpkin and slice it, a handful of Thyme, a little Rosemary, Parsly, and sweet Marjoram slipped off the stalks, and chop them small, then take Cinnamon, Nutmeg, Pepper, and six Cloves, and beat them; take ten Eggs and beat them, then mix them, and beat them all together, and put in as much Sugar as you think fit, then fry them like a froize, after it is fried, let it stand till it be cold, then fill your Pye, take sliced Apples thin round ways, and lay a row of the Froize, and a layer of Apples, with Currans betwixt the layer while your Pye is fitted, and put in a good deal of sweet butter before you close it; when the Pye is baked, take six yolks of Eggs, some white-Wine or Verjuyce, and make a Caudle of this, but not too thick; cut up the lid and put it in, stir them well together whilst the Eggs and Pumpions be not perceived, and so serve it up.

*To make the best Sausages that ever were eat.*

**T**AKE a Leg of young Pork, and cut off all the lean, and shred it very small, but leave none of the strings or skins amongst it, then take two pound of Beef-suet, and shred it small, then take two handfuls of red Sage, a little Pepper and Salt, and Nutmeg, and a small piece of an Onion, chop them altogether with the flesh and Suet; if it is small enough, put the yolk of two or three Eggs, and mix altogether, and make it up in a paste; if you will use it, rowl out as many pieces as you please in the form of an ordinary Sausage, and so fry them: this paste will keep a fortnight upon occasion.

*To boyl a Fresh Fish:*

**T**AKE a Carp, or other, and put them in to a deep dish, with a pint of white-Wine, a large Mace; a little Thyme, Rosemary, a piece of sweet Butter, and let him boyl between two dishes in his own blood, season it with Pepper and Verjuyce, and so serve it up on Sippets.

*To make Fritters.*

**T**AKE half a pint of Sack, a pint of Ale, some Ale-yeast, nine Eggs, yolks and whites, beat them very well, the Eggs first, then altogether, put in some Ginger, and Salt, and fine Flower, then let it stand an hour or two, then shred in the Apples; when you are ready to fry them, your suet must be all Beef-suet, or half Beef, and half Hogs-suet dried out of the leaf.

*To make Loaves of Cheese Curds.*

**T**AKE a Porringer full of Curds, and four Eggs, whites and yolks, and so much flower as will make it stiff, then take a little Ginger, Nutmeg and some Salt, make them into loaves, and set them into an Oven with a quick heat; when they begin to change colour take them out, and put melted butter to them, and some Sack, and good store of Sugar, and so serve it.

*To make fine Pyes after the French Fashion.*

**T**AKE a pound and a half of Veal, two pound of suet, two pound of great Raisins, stoned, half a pound of Prunes,

as

as much of Currans, six Dates, two Nutmegs, a Spoonful of Pepper, an ounce of Sugar, an ounce of Carraways, a Sawcer of Verjuyce, and as much Rose-water, this will make three fair Pyes, with two quarts of flower, three yolks of Eggs, and half a pound of Butter.

*A singular Receipt for making a Cake.*

**T**AKE half a peck of flower, two pound of Butter, mingle it with the flower, three Nutmegs and a little Mace, Cinnamon, Ginger, half a Pound of Sugar, leave some out to strew on the top, mingle these well with the flower and Butter, five pound of Currans well washed, and pickt and dried in a warm cloth, a wine-pint of Ale-yeast, six Eggs, leave out the whites, a quart of Cream boyled and almost cold again; work it well together, and let it be very lith, lay it in a warm cloth, and let it lye half an hour against the fire. Then make it up with the white of an Egg, a little Butter, Rosewater and Sugar; Ice it over, and put it into an Oven, and let it stand one whole hour and half.

*To make a great Curd Loaf.*

**T**AKE the Curds of three quarts of new milk clean wheyed, and rub into them a little of the finest flower you can get, then take half a race of Ginger, and slice it very thin, and put it into your Curds with a little Salt, then take half a pint of good Ale-yeast and put to it, then take ten Eggs, but three of the whites, let there be so much flower as will make it into a reasonable stiff paste, then put it into an indifferent hot cloth, and lay it before the fire to rise while your Oven is heating, then make it up into a Loaf, and when it is baked, cut up the top of the Loaf, and put in a pound and half of melted Butter, and a good deal of Sugar in it.

*To make buttered loaves of Cheese-Curds.*

**T**AKE three quarts of new Milk, and put in as much Rennet as will turn, take your whey clean away, then break your curds very small with your hands, and put in six yolks of Eggs, but one white; an handful of grated bread, an handful of flower, a little Salt mingled all together; work it with your hand, rowl it into little loaves, then set them in a pan buttered, then beat the  
yolk

yolk of an Egg with a little beer, and wipe them over with a feather, then set them in an Oven as for Manchet, and stop that close three quarters of an hour, then take half a pound of Butter, three spoonfuls of water, a Nutmeg sliced thin, a little Sugar, set it on the fire, stir it till it be thick; when your loaves are baked, cut off the tops and butter them with this Butter, some under, some over, and strew some Sugar on them.

*To make Cheese Loaves.*

**G**Rate a wheat Loaf, and take as much curd as bread, to that put eight yolks of Eggs, and four whites, and beat them very well, then take a little Cream, but let it be very thick, put all together, and make them up with two handfuls of flower, the Curds must be made of new milk, and wheyed very dry, you must make them like little loaves, and bake them in an Oven; and being baked cut them up, and have in readiness some sweet Butter, Sugar, Nutmeg sliced, and mingled together, put it into the loaves, and with it stir the Cream well together, then cover them again with the tops, and serve them with a little Sugar scraped on.

*To*

*To make Puff.*

**T**AKE four pints of new Milk, Renner, take out the whey very clean, and wring it in a dry Cloth, then strain it in a wooden dish till they become as Cream, then take the yolks of two Eggs, and beat them and put them to the Curds, and leave them with the Curds, then put a spoonful of Cream to them, and if you please half a spoonful of Rosewater, and as much flower beat in it, as will make it of an indifferent stiffness, just to rowl on a Plate, then take off the Kidney of Mutton-suet and purifie it, and fry them in it, and serve them in with Butter, Rosewater and Sugar.

*To make Elder Vinegar.*

**G**ATHER the flowers of Elder, pick them very clean, and dry them in the Sun on a gentle heat, and take to every quart of Vinegar a good handful of flowers, and let it stand to Sun a fortnight, then strain the Vinegar from the flowers, and put it into the barrel again, and when you draw a quart of Vinegar, draw a quart of water, and put it into the Barrel luke-warm.

*To*

## To make good Vinegar.

**T**AKE one strike of Malt, and one of Rye ground, and mash them together, and take (if they be good) three pound of Hops, if not four pound; make two Hogs-heads of the best of that Malt and Rye, then lay the Hogs-heads where the Sun may have power over them, and when it is ready to run, fill your Hogs-heads where they lye: then let them purge clear, and cover them with two slate stones, and within a week after when you bake, take two wheat loves hot out of the Oven, and put into each Hogs-head a loaf, you must use this four times, you must brew this in *April*, and let it stand till *June*, then draw them clearer, then wash the Hogsheds clean, and put the Beer in again; if you will have it Rose-vinegar, you must put in a strike and a half of Roses, if Elder-vinegar, a peck of the flowers; if you will have it white, put nothing in it after it is drawn, and so let it stand till Michelmass; if you will have it coloured red, take four gallons of strong Ale as you can get, and Elder-berries picked a few full clear, and put them in your pan with the Ale, set them over the fire till you guess that a pottle is wasted, then take it off the fire, and let it stand



stand till it be stone cold, and the next day strain it into the Hogshead; then lay them in a Cellar or Buttery, which you please.

*To make a Coller of Beef.*

**T**AKE the thinnest end of a Coast of Beef, boyl it and lay it in Pump-water, and a little salt three days, shifting it once every day, and the last day put a pint of Claret Wine to it, and when you take it out of the water, let it ly two or three hours a draining, then cut it almost to the end in three slices, then bruise a little Cochineel, & a very little Allom, and mingle it with the Claret Wine, and colour the meat all over with it, then take a dozen of Anchovies, wash them and bone them, and lay them into the Beef, and season it with Cloves, Mace and Pepper, and two handfuls of Salt, and a little sweet-Marjoram, and Thyme, and when you make it up, roul the innermost slice first, and the other two upon it, being very well seasoned every where, and bind it hard with Tape, then put it into a stone pot something bigger then the Coller, and pour upon it a pint of Claret-Wine, and half a pint of Wine-Vinegar, a sprig of Rosemary, and a few Bay-leaves, and bake it very well; before it be quite.

quite cold, take it out of the pot, and you may keep it dry as long as you please.

*To make an Almond Pudding.*

**T**AKE two or three French Rolls, or white Penny-bread, cut them in slices, and put to the Bread as much Cream as will cover it, put it on the fire till your Cream and Bread be very warm, then take a ladle or spoon, and beat it very well together, put to this twelve eggs, but not above four whites, put in Beef-suet, or Marrow, according to your discretion, put a pretty quantity of Currans, and Raisins, season the Pudding with Nutmeg, Mace, Salt, and Sugar, but very little flower, for it will make it sad and heavy; make a piece of Puff-paste as much as will cover your dish, so cut it very handsomely what fashion you please; butter the bottom of your dish, put the pudding into the dish, set it in a quick Oven, not too hot as to burn it, let it bake till you think it be enough, scrape on Sugar, and serve it up.

*To boyl Cream with French-Barley.*

**T**AKE the third part of a pound of French Barley, wash it well with fair water,  
and

and let it lie all night in fair water, in the morning set two skillets on the fire with fair water, and in one of them put your Barley, and let it boyl till the water look read, then put the water from it, and put the Barley into the other warm water, thus boyl it and change it with fresh warm water, till it boyl white, then strain the water clean from it, then take a quart of Cream, put into it a Nutmeg or two quartered, a little large Mace and some Sugar, and let it boyl together a quarter of an hour, and when it hath thus boyled, put into it the yolks of three or four Eggs well beaten, with a little Rose-water, then dish it forth, and eat it cold.

*To make Cheese-Cakes.*

**T**AKE three Eggs and beat them very well, and as you beat them, put to them as much fine flower as will make them thick, then put to them three or four Eggs more, and beat them all together; then take one quart of Cream, and put into it a quarter of a pound of sweet Butter, and set them over the fire, and when it begins to boyl put to it your Eggs and flower, stir it very well, and let it boyl till it be thick, then season it with Salt, Cinnamon, Sugar and Currans, and bake it.

*To*

*To make a quaking Pudding.*

**T**AKE a pint and somewhat more of thick Cream, ten Eggs, put the whites of three, beat them very well with two spoonfuls of Rose-water : mingle with your Cream three spoonfuls of fine flower : mingle it so well that there be no lumps in it, put it altogether, and season it according to your taste : butter a Cloth very well, and let it be thick that it may not run out, and let it boyl for half an hour as fast as you can, then take it up and make Sauce with Butter, Rosewater and Sugar, and serve it up.

*You may stick some blanched Almonds upon it if you please.*

*To pickle Cucumbers.*

**P**UT them in an Earthen Vessel, lay first a lay of Salt and Dill, then a lay of Cucumbers, and so till they be all layed, put in some Mace and whole Pepper ; and some Fennilseed, according to direction, then fill it up with Beer-Vinegar, and a clean board and a stone upon it to keep them within the Pickle, and so keep them close covered,

covered, and if the Vinegar is black, change them into fresh.

*To pickle Broombuds:*

**T**Ake your Buds before they be yellow on the top, make a brine of Vinegar and Salt, which you must do only by shaking it together till the Salt be melted, then put in your Buds, and keep stirred once in a day till they be sunk within the Vinegar; be sure to keep them close covered.

*To pickle Ashenkeys.*

**T**Ake the youngest Keys, in *May*, when they are full grown and tender, put them in a liquor made of half Vinegar and Water, and some Salt; put no more upon them than what will but just cover them; set them upon hot embers, but let them not boyl; stir them often, and they will be first yellow; keep them stirred untill they be green, then take them out, and lay them abroad upon a board till they be cold, then put them up in fresh Vinegar and Salt with a piece of Allum: cover the Crook close, with a weight upon it. It is a very wholesom Sallet, they provoke Urine, strengthen and restore a decayed nature;  
are.

are good against the stone and gravel, and good for the liver and spleen.

*In the same manner you may pickle Sam-pier.*

*To pickle Cucumbers.*

**W**Ipe them clean, then put them in a brine made of Water and Salt, strong enough to bear an Egg; let them lye therein twelve hours, then take them out and wipe them dry, then put them into the Crock, having first laid a lay of Dill, a little Mace and white Pepper whole, then lay a lay of Cucumbers upon that, and then a lay of Dill, Mace and Pepper; and so continue till you have put in all your Cucumbers, then boyl your Vinegar, which if it be too strong, you may put to it a third part of water, pour it boyling-hot upon the Cucumbers; cover them close for two days, then pour off the Vinegar, and boyl it again, and scum it, and pour it upon them again boyling-hot; do this three or four times. Then put in a piece of Al-lum, and stop it close to keep out the Air, and they will be as green as grass, and very crisp; thus several Ladies do them.

*To*

*To pickle Cucumbers the usual way as Oyl-Men do them.*

**W**Ipe them very clean, then take Dill and Fennel, whereof lay a lay at the bottom of your Jarr, then a lay of Cucumbers, then a lay of Dill and Fennel; do this untill all your Cucumbers be laid. Then take Vinegar, and boyl it with so much Salt that it may bear an Egg, in which dissolve also a little piece of Allum, and some Ginger in gross powder, white Pepper, Coriander-seed, Dill-seed, Carraway-seed, Cloves, pour this pickle hot upon the Cucumbers, and stop up the Vessel close, and close all the joints with wax or rosin. About a Month or six weeks draw off the pickle, and boyl it and scum it, and pour it hot again upon the Cucumbers; stop it close as before, so will they keep long, and be green and crisp: If they be not green enough, you may boyl the pickle again, as before, and pour it hot upon the Cucumbers. Five hundred Cucumbers will require two Gallons and half of Vinegar, an ounce and half of Allum, one ounce of Ginger, half an ounce of Pepper, and as much Dill-seed, Coriander, and Carraway-seed.

I have been told by an Oyl-man who had given over his Trade, that they used to put into a Farr when the Cucumbers were pickled, some drops of Oyl of Spike, which he said would make them very green. And so the pickle needed not to be boyled again.

*To preserve or pickle Cucumbers another way.*

**T**AKE five hundred Cucumbers, wipe them clean, and lay them with Dill and Fennel as aforesaid; to which put the following pickle: Take white-Wine Vinegar two Gallons, a strong Brine that will bear an Egg two quarts; Bay-leaves, Thyme and Wall-nut-tree-leaves, of each half a handful, Ginger in gross powder, Dill-seed, Coriander-seed, and Caraway-seed, bruised, of each three quarters of an ounce, white Pepper bruised, half an ounce, Cloves and Mace of each half a dram, boyl all these together, and let them stand untill they are almost cold; then put it to the Cucumbers, and they will be good to eat in a few days. After a fortnight or three Weeks, the pickle must be taken out and boyled, scummed, and put in again.

*There*



There is nothing more convenient for the pickling of Cucumbers, than an earthen stean that hath a tap-hole near the bottom of it, to put a Brass Cock or Cane in it, whereby to draw off the pickle, when it is to be boyled again.

Broom-buds are pickled in the same manner as Asphenkeys or Sampier, and they are very wholesome, and good against the Scurvey and Dropsie, and for the Spleen, &c.

*To keep Quinces raw all the year.*

**T**AKE some of the worst Quinces, and cut them into small pieces, and coars and parings, boyl them in water, and put to a gallon of water, some three spoonfulls of Salt, as much Honey; boyl these together till they are very strong, and when it is cold, put it into half a pint of Vinegar in a wooden Vessel or earthen pot, and take then as many of your best Quinces as will go into your Liquor, then stop them up very close, that no Air get into them, and they will keep all the year.

*To make a Gooseberry Fool.*

**T**AKE your Gooseberries, and put them in a Silver or Earthen Pot, and set it in a skillett of boyling water, and when they are codled enough, strain them, then make them hot again, when they are scalding hot, beat them very well with a good piece of fresh Butter, Rose-water and Sugar, and put in the yolks of two or three Eggs; you may put Rose-water into them, and so stir it altogether, and serve it to the Table when it is cold.

*To make an Oatmeal Pudding.*

**T**AKE a Porringer full of Oatmeal beaten to flower, a pint of Cream, one Nutmeg, four Eggs beaten, three whites, a quarter of a pound of Sugar, a pound of Beef-suet well minced, mingle all these together, and so bake it. An hour will bake it.

*To make a green Pudding.*

**T**AKE a penny Loaf of stale bread, grate it, put to half a pound of Sugar grated, Nutmeg, as much Salt as will season it, three quarters of a pound of Beef-suet shred  
very

very small : then take sweet herbs, the most of them Marrigolds, eight Spinages; shred the Herbs very small, mix all well together, then take two Eggs and work them up together with your hand and make them into round Balls, and when the water boyls put them in, serve them with Rose-water, Sugar, and Butter, or Sauce.

*To make good Sausages.*

**T**AKE the lean of a Leg of Pork, and four pound of Beef-suet, or rather Butter, shred them together very small, then season it with three quarters of an ounce of Pepper, and half an ounce of Cloves and Mace mixed together, as the Pepper is, a handful of Sage when it is chopt small, and as much Salt as you think will make them taste well of it ; mingle all these with the Meat, then break in ten Eggs, all but two or three of the whites, then temper it all well with your hands, and fill it into Hogs guts, which you must have ready for them, you must tye the ends of them like puddings, and when you eat them you must boyl them on a soft fire ; a hot will crack the skin, and the goodness boyl out of them.

*To make Toasts.*

**C**UT two penny loaves in round slices, and dip them in half a pint of Cream or cold water, then lay them abroad in a dish, and beat three Eggs and grated Nutmeg, and Sugar, beat them with the Cream, then take your frying-pan and melt some Butter in it, and wet one side of your Toasts, and lay them in on the wet side, then pour in the rest upon them, and so fry them; send them in with Rose-water, Butter and Sugar.

*Spannish Cream.*

**P**UT hot water in a Bucket, and go with it to the Milking, then pour out the water, and instantly milk into it, and presently strain it into milk-pans of an ordinary fulness, but not after an ordinary way; for you must set your pans on the ground and stand on a stool, and pour it forth that it may rise in bubbles with the fall; this on the Morrow will be a very tough Cream, which you must take off with your skimmer, and lay it in the dish, laying upon laying; and if you please strew some Sugar between them.

*To*

*To make Clouted Cream.*

**T**Ake four quarts of new Milk, one of Cream, six spoonfuls of Rosewater, put these together in a great earthen Milk-pan, set it upon a fire of Charcoal well kindled, you must be sure the fire be not too hot ; then let it stand a day and night ; and when you go to take it off, loose the edge of your Cream round about with a Knife, then take your Board, and lay the edges that is left beside the bord cut into many pieces, and put them into the dish first, and scrape some fine Sugar upon them, then take your board, and take off your Cream as clean from the Milk as you can, and lay it upon your dish, and if your dish be little, there will be some left, the which you may put into what fashion you please, and scrape good store of Sugar upon it.

*A good Cream.*

**W**Hen you Churn Butter, take out six spoonfuls of Cream, just as it is to turn to Butter, that is, when it is a little frothy ; then boyl good Cream as much as will make a Dish, and season it with Sugar, and

and a little Rosewater ; when it is quite cold enough, mingle it very well with that you take out of the Churn, and so dish it.

*To make Pyramidis Cream.*

**T**AKE a quart of water, and six ounces of Harts-horn, and put it into a Bottle with Gum-Dragon, and Gum-Arabick, of each as much as a small Nut, put all this into the Bottle, which must be so big as will hold a pint more ; for if it be full it will break : stop it very well with a Cork, and tie a cloth about it, put the bottle into a pot of Beef when it is boyling, and let it boyl three hours, then take as much Cream as there is gelly, and half a pound of Almonds well beaten with Rose-water, so that you cannot discern what they be, mingle the Cream and the Almonds together, then strain it, and do so two or three times to get all you can out of the Almonds, then put gelly when it is cold into a silver Basen, and the Cream to it ; sweeten it as you like, put in two or three grains of Musk and Amber-greece, set it over the fire, stirring it continually and skimming it, till it be seething hot, but let it not boyl, then put it into an old fashioned drinking-Glass, and let it stand till it is  
P cold,

cold, and when you will use it, hold your Clasp in a warm hand, and loosen it with a Knife, and whelm it into a dish, and have in readiness Pine-Apple blown, and stick it all over, and serve it in with Cream or without, as you please.

*To make a Sack Cream.*

**S**ET a quart of Cream on the fire, when it is boyled, drop in a spoonful of Sack, and stir it well the while, that it curd not, so do till you have dropped in six spoonfuls, then season it with Sugar, Nutmeg, and strong water.

*To boyl Pidgeons.*

**S**Tuff the Pidgeons with Parsley and Butter, and put them into an Earthen Pot, and put some sweet Butter to them, and let them boyl; take Parsly, Thyme, and Rosemary, chop them and put them to them; take some sweet Butter, and put in withall some Spinage, take a little gross Pepper and Salt, and season it withall, then take the yolk of an Egg and strain it with Verjuice, and put to them, lay sippits in the dish, and serve it.

*To make an Apple Tansey.*

**P**Are your Apples, and cut them in thin round slices, then fry them in good sweet Butter, then take ten Eggs, sweet Cream, Nutmeg, Cinnamon, Ginger, Sugar, with a little Rose-water, beat all these together, and pour it upon your Apples, and fry it.

*The French Barley Cream.*

**T**Ake a quart of Cream, and boyl in a Porringer of French Barley, that hath been boyled in nine waters, put in some large Mace and a little Cinnamon, boyling it a quarter of an hour; then take two quarts of Almonds blanch'd, and beat it very small with Rose-water, or Orange water, and some Sugar; and the Almonds being strained into the Liquor, put it over the fire, stirring it till it be ready to boyl; then take it off the fire, stirring it till it be half cold; then put to it two spoonfuls of Sack or white-Wine, and when it is cold, serve it in, remembring to put in some salt.



*To make a Chicken, or Pygeon Pye.*

**T**AKE your Pygeons (if they be not very young ) cut them into four quarters, one swcet-bread sliced the long way, that it may be thin, and the pieces not too big, one sheeps-tongue, little more than par-boyled, and the skin pulled off, and the tongue cut in slices, two or three slices of Veal, as much of Mutton, young Chickens (if not little ) quarter them, Chick-heads, Lark, or any such like, Pullets, Cocks-combs, Oysters, Calves Udder cut in pieces, good store of Marrow ; for seasoning, take as much Pepper and Salt as you think fit to season it slightly ; good store of sweet Marjoram, a little Thyme, and Lemon-peel fine sliced, season it well with these Spices as the time of the year will afford ; put in either of Chesnuts ( if you put in Chesnuts, they must first be either boyled or roasted ) Gooseberries or Guage, large Mace will do well in this pye, then take a little piece of Veal parboyled, and slice it very fine, as much Marrow as meat stirred amongst it, then take grated Bread ; as much as a quarter of the meat, four yolks of Eggs, or more according to the stuff you make, shred Dates as small as may be, season it with

with Salt, but not too Salt, Nutmeg as much as will season it, sweet Marjoram pretty store very small shred, work it up with as much sweet Cream as will make it up in little Puddings, some long, some round, so put as many of them in the Pye as you please; put therein two or three spoonfuls of Gravy of Mutton, or so much strong Mutton broth before you put it in the Oven, the bottom of boyled Artichoks, minced Marrow, over and in the bottom of the Pye after your Pye is baked; when you put it up, have some five yolks of Eggs minced, and the juyce of two or three Oranges, the meat of one Lemon cut in pieces, a little white and Claret Wine; put this in your Pye being well mingled, and shake it very well together.

*To boyl a Capon or Hen.*

**T**AKE a young Capon or Hen, when you draw them, take out the fall of the leaf clean away, and being well washed, fill the belly with Oysters; prepare some Mutton, the Neck, but boyl it in small pieces, and skim it well, then put your Capon into the Pipkin, and when it is boyled skim it again; be sure you have no more water, than will cover your meat, then put it into a pint of

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white-

white-Wine, some Mace, two or three Cloves, and whole Pepper ; a quarter of an hour before your meat be boyled enough put into the Pipkin three Anchoves stript from the bones and washed, and be sure you put Salt at the first to your Meat ; a little Parsly, Spinage, Endive, Sorrel, Rosemary, or such kind of Herbs, will do well to boyl with the broth, and being ready to dish it, having sippets cut, then take the Oysters out of the Capon, and lay them in the Dish with the broth, and put some juyce of Lemons and Oranges into it according to your taste.

*To make Balls of Veal.*

**T**Ake the lean of a leg of Veal, and cut out the Sinews, mince it very small, and with it some fat of Beef-suet ; if the Leg of Veal be of a Cow-Calf, the Udder will be good instead of Beef-suet ; when it is very well beaten together with the mincing Knife, have some Cloves, Mace, and Pepper beaten, and with Salt season your Meat, putting in some Vinegar, then make up your Meat into little Balls, and having very good strong broth made of Mutton, set your Balls to boyl in it ; when they are boyled enough, take the yolks of five or six Eggs well

well beaten, with as much Vinegar as you please to like, and some of the broth mingled together, stir it into all your Balls and broth, give it a warm on the fire, then dish up the Balls upon Sippits, and pour the Sauce on it.

*To make Mrs. Shellyes Cake.*

**T**AKE a peck of fine flower, and three pound of the Best Butter, work your flower and Butter very well together, then take ten Eggs, leave out six whites, a pint and a half of Ale-yeast; beat the Eggs and yeast together, and put them to the flower; take six pound of blanched Almonds, beat them very well, putting in sometime Rose-water to keep them from Oyling, add what Spice you please: let this be put to the rest, with a quarter of a pint of Sack and a little Saffron; and when you have made all this into paste, cover it warm before the fire, and let it rise for half an hour, then put in twelve pound of Currans well washed and dried, two pound of Raisins of the Sun stoned and cut small, one pound of Sugar; the sooner you put it into the Oven after the fruit is put in, the better.

*To make Almond Fumbals.*

**T**AKE a pound of Almonds to half a pound of double refined Sugar beaten and searfed, lay your Almonds in water a day before you blanch them, and beat them small with your Sugar; and when it is beat very small, put in a handful of Gum-Dragon, it being before over-night steeped in Rose-water, and half a white of an Egg beaten to froth, and half a spoonful of Coriander-seed, as many Fennil and Anniseeds, mingle these together very well, set them upon a soft fire till it grow pretty thick, then take it off the fire, and lay it upon a clean Paper, and beat it well with a rowling-pin till it work like a soft paste, and so make them up, and lay them upon Papers oyled with Oyl of Almonds, then put them in your Oven, and so soon as they be thoroughly risen, take them out before they grow hard.

*To make Cracknels.*

**T**AKE half a pound of fine flower, dried and searfed, as much fine Sugar searfed, mingled with a spoonful of Coriander seed bruised, half a quarter of a pound of Butter rubbed in the Flower and Sugar, then

then wet it with the yolks of two Eggs, and half a spoonful of white Rose-water, a spoonful or little more of Cream as will wet it; knead the paste till it be soft and limber to rowl well, then rowl it extream thin, and cut them round by little plates, lay them upon buttered Papers, and when they go into the Oven, prick them, and wash the top with the yolk of an Egg beaten, and made thin with Rose-water or fair water; they will give with keeping, therefore before they are eaten, they must be dried in a warm Oven, to make them crisp.

*To Pickle Oysters.*

**T**AKE Oysters and wash them clean in their own Liquor, then let them settle, then strain it, and put your Oysters to it with a little Mace and whole Pepper, as much Salt as you please, and a little Wine-Vinegar, then set them over the fire, and let them boyl leisurely till they are pretty tender; be sure to skim them still as the skim riseth; when they are enough, take them out till the pickle be cold, then put them into any pot that will lye close, they will keep best in Caper-barrels, they will keep very well six weeks.

*To boyl Cream with Codlings.*

**T**Ake a quart of Cream and boyl it with some Mace and Sugar, and take two yolks of Eggs, and beat them well with a spoonful of Rose-water and a grain of Ambergreece, then put it into the Cream with a piece of sweet Butter as big as a Walnut, and stir it together over the fire untill it be ready to boyl, then set it some time to cool, stirring it continually till it is cold; then take a quarter of a pound of Codlings strained, and put them into a silver dish over a few coals till they be almost dry, and being cold, and the Cream also, pour the Cream upon them, and let them stand on a soft fire covered an hour, then serve them in.

*To make the Lady Albergravers Cheefe.*

**T**O one Cheefe take a Gallon of new Milk, and a pint of good Cream, and mix them well together, then take a skillet of hot water, as much as will make it hotter than it comes from the Cow, then put in a spoonfull of Rennet, and stir it well together, and cover it, and when it is come, take a wet cloth and lay it on your Cheefe-Mot, and take up the Curd and not break it,

it, and put it into your Mot; and when your Mot is full, lay on your Suiker, and every two hours turn your Cheefe in wet Cloaths wrung dry; and lay on a little more wet, at night take as much Salt as you can between your Finger and Thumb, and salt your Cheefe on both sides; let them lye in Presses all night in a wet cloth; the next day lay them on the Table between a dry cloth, the next day lay them in Grasse, and every other day change your grasse, they will be ready to eat in nine dayes: if you will have them ready sooner, cover them with a Blanket.

*To dress Snails.*

**T**AKE your Snails, (they are no way so as in Pottage) and wash them well in many waters, and when you have done, put them in a white earthen Pan, or a very wide dish, and put as much water to them as will cover them, and then set your dish or pan on some coals, that it may heat by little and little, and then the Snails will come out of the shells, and so dye, and being dead, take them out, and wash them very well in water and Salt twice or thrice over; then put them in a Pipkin with water and Salt, and let them boyl a little while in that, so take away the rude slime they have, then take them



them out again and put them in a Cullender; then take excellent Sallad Oyl, and beat it a great while upon the fire in a frying-pan, and when it boyls very fast, slice two or three Onions in it, and let them fry well, then put the Snails in the Oyl, and Onions, and let them stew together a little, then put the Oyl, Onions, and Snails altogether in an earthen Pipkin of a fit size for your Snails, and put as much warm water to them as will serve to boyl them, and make the Pottage, and season them with Salt, and so let them boyl three or four hours; then mingle Parsley, Penny-royal, Fennil, Thyme, and such herbs, and when they are minced put them in a Mortar, and beat them as you do for Green-Sauce, put in some crumbs of Bread soaked in the Pottage of the Snails, and then dissolve it all in the Mortar, with a little Saffron and Cloves well beaten, and put in as much Pottage into the Mortar, as will make the Spice and Bread and Herbs like thickning for a Pot, so put them all into the Snails, and let them stew in it, and when you serve them up, you may squeez into the Pottage, a Lemon, and put in a little Vinegar, or if you put in a Clove of Garlick among the Herbs, and beat it with them in the Mortar, it will not taste the worse; serve them up in a Dish.

Dish with Sippets of Bread in the bottom. The Pottage is very nourishing, and they use them that are apt to a Consumption.

*To boyl a Rump of Beef after the French Fashion.*

**T**AKE a Rump of Beef, or the little end of the Brisket, and parboyl it half an hour, then take it up and put it in a deep dish, then slash it in the side, that the gravy may come out, then throw a little Pepper and Salt between every cut, then fill up the dish with the best Claret Wine, and put to it three or four pieces of large Mace, and set it on the Coals close covered, and boyl it above an hour and a half, but turn it often in the mean time; then with a spoon take off the Fat and fill it with Claret Wine, and slice six Onions, and a handful of Capers or Broom-buds, half a dozen of hard Lettice sliced, three spoonfuls of Wine-Vinegar, and as much Verjuice, and then set it a boyling with these things in it till it be tender, and serve it up with brown bread and Sippets fryed with Butter, but be sure there be not too much Fat in it when you serve it.

*An excellent way of dressing of Fish.*

**T**AKE a piece of fresh Salmon, and wash it clean in a little Vinegar and Water, and let it lye a while in it, in a great Pipkin with a Cover, and put to it six spoonfuls of water, and four of Vinegar, as much of white-Wine, a good deal of Salt, a bundle of sweet Herbs, a little whole Spice, a few Cloves, a little stick of Cinnamon, a little Mace; Take up all these in a Pipkin close, and set it in a Kettle of seething water, and there let it stew three hours. You may do Carps, Eccles, Trouts, &c. this way, alter the taste to your mind.

*To make Fritters of Sheeps Feet:*

**T**AKE your Sheeps feet, slit them, and set them a stewing in a silver dish, with a little strong Broth and Salt, with a stick of Cinnamon, two or three Cloves, and a piece of an Orange peell: when they are stewed, take them from the liquor and lay them upon a Pye-plate cooling: when they are cold, have some good Fritter-batter made with Sack, and dip them therein: then have ready to fry them, some excellent Clarified Butter very hot in the Pan, and fry them therein; when

when they are fryed, wring in the juyce of three or four Oranges, and toss them once or twice in a dish, and so serve them to the Table.

*To make dry Salmond Calvert in the boyling:*

**T**Ake a gallon of water, put to it a quart of Wine or Vinegar, Verjuice of four Beer, and a few sweet Herbs and Salt, and let your Liquor boyl extream fast, and hold your Salmon by the Tail, and dip it in, and let it have a walm, and so dip it in and out a dozen times, and that will make your Salmon Calvert, and so boyl it till it be tender.

*To make Bisket Bread.*

**T**Ake a pound of Sugar searſed very fine, and a pound of flower well dryed, and twelve Eggs, a handful of Carraway-feed, six whites of Eggs, a very little Salt, beat all these together, and keep them with beating till you set them in the Oven, then put them into your Plates or Tin things, and take Butter, and put into a Cloth and rub your Plate; a spoonful into a Plate is enough, and so set them into the Oven, and let your Oven be no hotter than to bake small Pyes; if your  
flower

flower be not dryed in the Oven before; they will be heavy.

*To make an Almond Pudding.*

**T**AKE your Almonds when they are blanched, and beat as many as will serve for your dish, then put to it four or five yolks of Eggs, Rose-water, Nutmegs, Cloves and Mace, a little Sugar, and a little Salt and Marrow cut into it, and so set it into the Oven, but your Oven must not be hotter than for Bisket Bread: and when it is half baked, take the white of an Egg, Rose-water and fine Sugar well beaten together and very thick, and do it over with a feather, and set it in again, then stick it over with Almonds, and so send it up.

*This you may boyl in a bag if you please, and put in a few crumbs of Bread into it, and eat it with Butter and Sugar without Marrow.*

*To make an Almond Caudle.*

**T**AKE three pints of Ale, boyl it with Cloves and Mace, and sliced Bread in it, then have ready beaten a pound of Almonds blanched, and strain them out with

a pint of white-Wine, and thicken the Ale with it, sweeten it if you please, and be sure you skim him the Ale well when it boyleth.

*To make Almond Bread.*

**T**AKE Almonds and lay them in water all night, then blanch them and slice them, to every pound of Almonds, a pound of fine Sugar finely beaten, so mingle them together, then beat the whites of three Eggs to high froth, and mix it well with the Almonds and Sugar, then have some plates and strew some flower on them, and lay Wafers on them, and lay your Almonds with the Edges upwards, lay them as round as you can, scrape a little Sugar on them, when they are ready to set in the Oven, which must not be so hot as to colour white Paper, and when they are a little baked, take them out, and take them from the Plates, and set them in again, you must keep them in a Stove.

*To make Almond Cakes.*

**T**AKE half a pound of Almonds blanched in cold water, beat them with some Rose-water till they do not glister, then they will be beaten, if you think fit,  
lay

lay seven or eight Musque Comfits dissolved in Rose-water, which must not be above six or seven spoonfuls, for fear of spoyling the colour; when they be thus beaten, put in half a pound of Sugar finely sifted, beat them and the Almonds together till it be well mixed, then take the whites of two Eggs, and two spoonfuls of fine flower that hath been dryed in an Oven; beat these well together, and pour it to your Almonds, then butter your Plates, and dust your Cakes with sugar and flower, and when they are a little brown, draw them, and when the Oven is colder, set them in again on brown Papers, and they will look whiter.

*Master Rudstone's Possset.*

**T**AKE a pint of Sack, a quarter of a pint of Ale, three quarters of a pound of sugar, boyl all these well together, take two yolks of Eggs and sixteen whites very well beaten, put this to your boyling Sack, and slice it very well together till it be thick on the coals; then take three pints of Milk or Cream, being boyled to a quart, it must stand and cool till the Eggs thicken, put it to your Sack and Eggs, and stir them well together, then cover it with a plate, and so serve it.

*To*

*To boyl a Capon with Ranieles.*

**T**AKE a good young Capon, truss it and draw it to boyl, and parboyl it a little, then let it lie in fair water, being picked very clean and white, then boyl it in strong Broth while it be enough, but first prepare your Ranieles as followeth; Take a good quantity of Beet-leaves, and boyl them in water very tender, then take them out, and get all the water very clean out of them, then take six sweet-Breads of Veal, and boyl and mince them white, mince them small, and then boyl herbs also, and four or five Marrow-bones, break them and get all the Marrow out of them, and boyl the bigger piece of them in water by it self, and put the other into the minced Herbs, then take half a pound of Raisins of the Sun stoned, and mince them small, and half a pound of Dates, the skin off, and mince them also, and a quarter of a pound of Pomecitron minced small, then take of Naples-Bisket a good quantity, and put all these together on a Charger or a great dish, with half a pound of sweet Butter, and work it together with your hands, as you do a piece of Paste, and season it with a little Nutmeg, Ginger, Cinnamon, and Salt, and Perma-  
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fant Cheefe grated, with hard Sugar grated also, then mingle all together well, and make a Paste with the finest flower, six yolks of Eggs, a little Saffron beaten small, half a pound of sweet Butter, a little Salt, with some fair water hot (not boyling) and make up your Paste, then drive out a long sheet of Paste with an even rowling-pin as thin as possibly you can, and lay your ingredients in small heaps, round or long which you please in the Paste, then cover them with the Paste, and cut them with a jag asunder, and so make more and more till you have made two hundred or more, then have a good broad Pan or Kettle half full of strong Broth, boyling leisurely, and put in your Ransoles, one by one, and let them boyl a quarter of an hour, then take up your Capon, lay it in a great dish, and put on the Ransoles, and strew on them grated Cheefe, Naples-Bisket grated, Cinnamon and Sugar, then more and more Cinnamon and Cheefe, while you have filled your dish; then put softly on melted Butter with a little strong Broth, your Marrow, Pomecitron, Lemons sliced, and serve it up, and put it into the dish, so Ransoles may be part fried with sweet but Clarified Butter, either a quarter of them, or half, as you please; if the  
Butter

Butter be not Clarified, it wiil spoyl your Ransoles.

*To make a Bisque of Carps.*

**T**AKE twelve small Carps, and one great one, all Male Carps, draw them and take out all the Melts, flea the twelve small Carps, cut off their heads, and take out their Tongues, and take the fish from the bones of the flead Carps, and twelve Oysters, two or three yolks of hard Eggs, mash all together, season it with Cloves, Mace and Salt, and make thereof a stiff searse : add thereto the yolks of four or five eggs to bind it, fashion that first into balls or lopings as you please, lay them into a deep dish or earthen pan, and put thereto twenty or thirty great Oysters, two or three Anchoves, the Melts and Tongues of your twelve Carps, half a pound of fresh Butter, the Liquor of your Oysters, the juyce of a Lemon or two; a little white-Wine, some of Corbillion wherein your great Carp is boyled, and a whole Onion, so set them a stewing on a soft fire, and make a hoop therewith ; for the great Carp you must scald him and draw him, lay him for half an hour, with the other Carps heads, in a deep pan with so much white-Wine-  
Vinegar

Vinegar as will cover and serve to boyl him and the other heads in ; put therein Pepper, whole Mace, a race of Ginger ; Nutmeg, Salt, sweet Herbs, an Onion or two sliced, a Lemon ; when you boyl your Carps, pour your Liquor with the Spice into the Kettle wherein you will boyl him ; when it is boyled put in your Carp, let it not boyl too fast for breaking ; after the Carp hath boyled a while, put in the Head, when it is enough, take off the Kettle, and let the Carps and the Heads keep warm in the Liquor till you go to dish them. When you dress your Bisque, take a large silver dish, set it on the fire, lay therein Sippets of Bread, then put in a Ladleful of your Corbillion, then take up your great Carp, and lay him in the midst of the Dish, then range the twelve Heads about the Carp, then lay the searse of the Carp, lay that in, then your Oysters, Milts, and Tongues, then pour on the Liquor wherein the searse was boyled, wring in the juyce of a Lemon, and two Oranges ; Garnish your dish with pickled Barberries, Lemons and Oranges, and serve it very hot to the Table.

*To boyl a Pike and Eel together.*

**T**Ake a quart of white-wine, and a pint and a half of white-Wine-Vinegar, two quarts of Water, and almost a pint of Salt, a handful of Rosemary and Thyme; the Liquor must boyl before you put in your Fish and Herbs; the Eel with the skin must be put in a quarter of an hour before the Pike, with a little large Mace, and twenty corne of Pepper.

*To make an out-landish Dish.*

**T**Ake the Liver of an Hogg, and cut it in small pieces about the bigness of a Span, then take Anniseed, or French seed, Pepper and Salt, and season them therewithall, and lay every piece severally round in the Caul of the Hogg, and so roast them on a Bird-spit.

*To make a Portugal Dish.*

**T**Ake the Guts, Gizard and Liver of two fat Capons, cut away the Galls from the Liver, and make clean the Gizards, and put them into a dish of clean water, slit the Guts as you do a Calves Chauldron, but  
take

take off none of the fat, then lay the guts about an hour in white-Wine, as the Guts soak, half boyl Gizards and Livers, then take a long wooden broach, and spit your Gizards and Livers thereon, but not close one to another, then take and wipe the Guts somewhat dry in a Cloath, and season them with Salt and beaten Pepper, Cloves and Mace, then wind the Guts upon the wooden Broach about the Liver, and Gizards, then tye the wooden Broach to spin, and lay them to the fire to roast, and roast them very brown, and baste them not at all till they be enough, then take the Gravy of Mutton, the juyce of two or three Oranges, and a grain of Saffron, mix all well together, and with a spoon baste your Roast, let it drop in to the same dish. Then draw it, and serve it to the Table with the same Sauce.

*To dress a dish of Artichokes.*

**T**Ake and boyl them in a Beef-Pot, when they are tender sodden, take off the tops, leaving the bottoms with some round about them, then put them into a dish, put some fair water to them, two or three spoonfuls of Sack, a spoonful of Sugar, and so let them boyl upon the Coals, still pouring on the Liquor to give it a good taste, when they have

have boyled half an hour, take the Liquor from them, and make ready some Cream boyled and thickned with the yolk of an Egg or two, whole Mace, Salt and Sugar, with some lumps of Marrow, boyl it in the Cream, when it is boyled put a good piece of sweet Butter into it, and toast some Toasts, and lay them under your Artichoaks, and pour your Cream and Butter on them, Garnish it, &c.

*To dress a Fillet of Veal the Italian way.*

**T**AKE a young tender Fillet of Veal, pick away all the skins in the fold of the flesh, after you have picked it out clean, so that no skins are left, nor any hard thing, put to it some good white-Wine (that is not too sweet) in a bowl and wash it, and crush it well in the Wine, do so twice, then strew upon it a powder that is called *Tamara* in *Italy*, and so much Salt as will season it well, mingle the Powder well upon the Parts of your meat, then pour to it so much white-Wine as will cover it when it is thrust down into a narrow pan; lay a Trencher on it, and a weight to keep it down; let it lye two nights and one day; put a little Pepper to it when you lay it in the Souce, and after it is souced so long, take it out, and put it into a

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Pipkin

Pipkin with some good Beef-broth, but you must not take any of the Pickle to it, but only Beef-broth that is sweet and not Salt; cover it close and set it on the Embers, only put into it with the broth a few whole Cloves and Mace, and let it stew till it be enough. It will be very tender, and of an excellent taste; it must be served with the same broth as much as will cover it.

To make the *Italian*, take Coriander-seed two Ounces, Anniseed one ounce, Fennil-seed one ounce, Cloves two ounces, Cinnamon one ounce; these must be beaten into a gross powder, putting into it a little powder of Winter-Savoury; if you like it, keep this in a Vial-glass stopt for your use.

*To dress Soals.*

**T**Ake a pair of Soals, lard them enough with watred fresh Salmon, then lay your Soals on a Table, or Pye-plate, cut your Salmon, lard all of an equal length on each side, and leave the Lard but short, then flower the Soal, and fry them in the best Ale you can get, when they are fryed lay them on a warm Pye-plate, and so serve them to the Table with a Sallet-dish full of Anchovy-sauce, and three or four Oranges.

*To make Frumity.*

**T**AKE a quart of Cream, a quarter of a pound of French Barley, the whitest you can get, and boyl it very tender in three or four several waters, and let it be cold, then put both together, put into it a blade of Mace, a Nutmeg cut in quarters, a Race of Ginger cut in four or five pieces, and so let it boyl a good while, still stirring, and season it with Sugar to your taste, then take the yolks of four Eggs and beat them with a little Cream, and stir them into it, and so let it boyl a little after the Eggs are in, then have ready blanch'd and beaten twenty Almonds kept from boyling, with a little Rosewater, then take a boulder strainer, and rub your Almonds with a little of your Frumity through the strainer, but set on the fire no more, and stir in a little Salt and a little sliced Nutmeg, pick out of the great pieces of it, and put it in a dish, and serve it.

*To make Patis, or Cabbage Cream.*

**T**AKE thirty Ale-pints of new Milk, and set it on the fire in a Kettle till it be scalding hot, stirring it oft to keep it from creaming, then put it forth into thirty



Pans of Earth, as you put it forth, take off the bubbles with a spoon, let it stand till it be cold, then take off the Cream with two such slices as you beat Bisket Bread with, but they must be very thin, and not too broad, then when the Milk is dropped off the Cream, you must lay it upon a Pye-plate, you must scour the Kettle very clean, and heat the Milk again, and so four or five times. In the Lay of it, first lay a stalk in the midst of the Plate, let the rest of the Cream be laid upon that sloping, between every laying you must scrape Sugar and sprinkle Rose-water, and if you will, the powder of Musk, and Ambergreece, in the heating of the Milk, be careful of smoak.

*To make Pap.*

**T**Ake three quarts of new Milk, set it on the fire in a dry silver dish, or bason; when it begins to boyl skim it, then put thereto a handful of flower, the yolks of three Eggs, which you must have well mingled together with a Ladle full of cold Milk before you put to it the Milk that boyls, and as it boyls, stir it all the while till it be enough, and in the boyling season it with a little Salt, and a little fine beaten Sugar, and so keeping it stirred till it be boyled as thick

thick as you desire, then put it forth into another dish, and serve it up.

*To make Spanish Pap.*

**T**AKE three spoonfuls of Rice-flower finely beaten and searfed, two yolks of Eggs, three spoonfuls of Sugar, three or four spoonfuls of Rose-water. Temper these four together, then put them to a pint of Cream, then set it on the fire, and keep it stired till it come to a reasonable thickness, then dish it and serve it up.

*To Poach Eggs.*

**T**AKE a dozen of new laid Eggs, and flesh of four or five Partridges, or other, mince it so small as you can season it with a few beaten Cloves, Mace and Nutmeg, into a silver dish, with a Ladleful or two of the Gravy of Mutton, wherein two or three Anchoves are dissolved; then set it a stewing on a fire of Charcoals, and after it is half stewed, as it boyls, break in your Eggs one by one, and as you break them, pour away most part of the whites, and with one end of your Egg-shell, make a place in your dish of meat, and therein put the yolks of your Eggs, round in order amongst your

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meat,

meat, and so let them stew till your Eggs be enough, then grate in a little Nutmeg and the juyce of a couple of Oranges; have a care none of the seeds go in, wipe your Dish, and garnish your Dish with four or five whole Onions, &c.

*A Pottage of Beef-Pallates.*

**T**Ake Beef Pallates after they be boyled tender in the Beef Kettle or Pot among some other meat, blanch and serve them clean, then cut each Pallat in two, and set them a stewing between two dishes with a piece of leer Bacon, an handful of Champignons, five or six sweet-breads of Veal, a Laddle full or two of strong broth, and as much Gravy of Mutton, an Onion or two, five or six Cloves, and a blade or two of Mace, and a piece of Orange Peell; as your Pallates stew make ready your Dish with the bottoms and tops of two or three Cheat Loves, dried and moistned with some Gravy of Mutton, and the broth your Pallats stew in, you must have the Marrow of two or three Beef-bones stewed in a little broth between two dishes, in great pieces; when your Pallates and Marrow is stewed, and you ready to Dish it, take out all the Spices, Onion and Bacon, and lay it in your Plates, sweet-bread,

bread, and Champigneons, pour in the Broth they were stewed in, and lay on your pieces of Marrow, wring the juyce of two or three Oranges; and so serve it to the Table very hot.

*The Jacobins Pottage.*

**T**AKE the flesh of a hashed Capon or Turkey cold, mince it small as you can, then grate or scrape among the flesh two or three ounces of Parmasant, or cold Holland Cheese; season it with beaten Cloves, Nutmeg, Mace and Salt; then take the bottoms and tops of four or five new Rowls, dry them before the fire, or in an Oven, then put them into a fair silver Dish, set it upon the fire, wet your bread in a Ladleful of strong Broth, and a Ladlefull of Gravy of Mutton, then strew in your minced meat all of an equal thickness in each place, then stick twelve or eighteen pieces of Marrow as big as Walnuts, and pour on an handful of pure Gravy of Mutton, then cover your Dish close, and as it stews add now and then some Gravy of Mutton thereto, thrust your Knife sometimes to the bottom, to keep the bread from sticking to the dish, let it so stew still, till you are ready to dish it away, and when you serve it, if need

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require, and more gravy of Mutton, wring the juyce of two or three Oranges, wipe your dishes brims, and serve it to the Table in the same dish.

*To Salt a Goose.*

**T**AKE a fat Goose and bone him, but leave the brest bone, wipe him with a clean cloth, then salt him one fortnight, then hang him up for one fortnight or three weeks, then boyl him in running water very tender, and serve him with Bay-leaves.

*A way of stewing Chickens or Rabbits.*

**T**AKE two, three, or four Chickens, and let them be about the bigness of a Partridge, boyl them till they be half boyled enough, then take them off, and cut them into little pieces, putting the joynt bones one from another, and let not the meat be minced, but cut into great bits, not so exactly, but more or less, the breast bones are not so proper to be put in, but put the meat together with the other bones (upon which there must also be some meat remaining) into a good quantity of that water or broth wherein the Chickens were boyled, and set it then over a Chafin-dish of Coals between two dishes,

dishes, that so it may stew on till it be fully enough ; but first season it with Salt and gross Pepper, and afterwards add Oyl to it, more or less according to the goodness thereof : and a little before you take it from the fire, you must add such a quantity of juyce of Lemons as may best agree with your taste. This makes an excellent dish of meat which must be served up in the Liqueur ; and though for a need it may be made with Butter instead of Oyl, and with Vinegar instead of juyce of Lemons, yet is the other incomparably better for such as are not enemies to Oyl. The same dish may be made also of Veal, or Partridge, or Rabbits, and indeed the best of them all is Rabbits, if they be used so before *Michaelmas*, for afterwards methinks they grow rank ; for though they be fatter, yet the flesh is more hard and dry.

*A Pottage of Capons.*

**T**AKE a couple of young Capons, truss, and set them and fill their bellies with Marrow, put them into a Pipkin with a Knuckle of Veal, a Neck of Mutton, and a Marrow-bone, and some sweet-bread of Veal ; season your broth with Cloves, Mace, and a little Salt, set it to the fire, and let it boyl gently till your Capons be enough, but

boyl them not too much; as your Capons boyl; make ready the bottoms and tops of eight or ten new Rowls, and put them dryed into a fair silver dish wherein you serve the Capons; set it on the fire, and put to your bread, two Ladlesful of Broth wherein your Capons are boyled, and a Ladlesful of the Gravy of Mutton, so cover your Dish, and let it stand till you dish up your Capons; if need require, add now and then a Ladlesful of Broth and Gravy, lest the bread grow dry, when you are ready to serve it, first lay in the Marrow-bone, then the Capons on each side, then fill up your dish with the Gravy of Mutton, wherein you must wring the juyce of a Lemon or two, then with a spoon take off all the fat that swimmeth on the Pottage, then garnish your Capon with the sweet-breads and some Lemons, and so serve it.

*To dress Soals another way.*

**T**AKE Soals, fry them half enough, then take Wine seasoned with Salt, grated Ginger, and a little Garlick, let the Wine and seasoning boyl in a dish, when that boyls and your Soals are half fryed, take the Soals and put them into the Wine, when they are sufficiently stewed upon their backs, lay the

two halfs open on the one side and on the other, then lay Anchovies finely washed along, and on the sides over again, let them stew till they be ready to be eaten, then take them out, lay them on the dish, pour some of the clear Liquor which they stew in, upon them, and squeeze an Orange in.

*A Carp Pye.*

**T**AKE Carps, scald them, take out the great bones, pound the Carps in a stone Mortar, pound some of the blood with the flesh, which must be at the discretion of the Cook, because it must not be too soft, then lard it with the belly of a very fat Eel, season it, and bake it like red Deer, and eat it cold.

*This is meat for a Pope.*

*To boyl Ducks after the French Fashion.*

**T**AKE and lard them and put them upon a spit, and half roast them, then draw them and put them into a Pipkin, and put a quart of Claret-Wine into it, and Chestnuts, and a pint of great Oysters, taking the beards from them, and three Onions minced very small, some Mace and a little beaten Ginger, a little Thyme stripped, a crust of a French Rowl grated, put into it to thicken it,



it, and so dish it upon sops. This may be diversified, if there be strong broth there need not be so much Wine put in, and if there be no Oysters or Chesnuts, you may put in Artichoaks bottoms, Turnips, Colliflowers, Bacon in thin slices, Sweet-breads, &c.

*To boyl a Goose with Sausages.*

**T**AKE your Goose and Salt it two or three days, then truss it to boyl; cut Lard as big as the top of your finger, as much as will Lard the flesh of the breast, season your Lard with Pepper, Mace, and Salt, put it a boyling in Beef broth if you have any, or water, season your Liquor with a little Sa't, and Pepper grossly beaten, an ounce or two, a Bundle of Bay-leaves, Rosemary and Thyme, tyed all together; you must have prepared your Cabbage or Sausages boyled very tender, squeeze all the water from them, then put them into a Pipkin, put to them a little strong broth or Claret-Wine, an Onion or two; season it with Pepper, Salt, and Mace to your taste; fix Anchoves dissolved, put altogether, and let them stew a good while on the fire; put a Ladleful of thick Butter, a little Vinegar, when your Goose is boyled enough, and your Cabbage on Sippets of bread, and the  
Goose

Goose on top of your Cabbage, and some of the Cabbage on top of your Goose, serve it up.

*To fry Chickens.*

**T**Ake five or six and scald them, and cut them in pieces, then flea the skin from them, fry them in Butter very brown, then take them out, and put them between two Dishes with the Gravy of Mutton, Butter and an Onion, six Anchoves, Nutmeg, and Salt to your taste, then put sops in your dish, put fryed parsley on the top of your Chicken being dished, and so serve them.

*To make a Battalia Pye.*

**T**Ake four tame Pygeons and truss them to bake, and take four Ox-Pallates well boyled and blanched, and cut it in little pieces; take six Lamb-stones and as many good Sweet-breads of Veal, cut in halves and parboyled, and twenty Cocks-combs boyled and blanched, and the bottoms of four Artichocks, and a pint of Oysters parboyled and bearded, and the Marrow of three bones, so season all with Mace, Nutmeg and Salt: so put your meat into a Coffin of fine Paste  
reasonable in your quantity of meat;  
put

put half a pound of Butter upon your meat, put a little water in the Pye before it be set in the Oven, let it stand in the Oven an hour and a half, then take it out, pour out the Butter at the top of the Pye, and put it into a leer of Gravy, Butter, and Lemons, and serve it up.

*To make a Chicken Pye:*

**T**AKE four or five Chickens, cut them in pieces, take two or three Sweet-breads parboyled, and cut the Pieces as big as Walnuts; take the Udder of Veal cut in thin slices, or little slices of Bacon, the bottom of Artichoaks boyled, then make your Coffin proportionable to your Meat, season your Meat with Nutmeg, Mace and Salt, then some butter on the top of the Pye, put a little water into it, as you put it into the Oven, and let it bake an hour, then put in a leer of Butter, Gravy of Mutton, eight Lemons sliced; so serve it.

*To make a Pye of a Calves Head.*

**T**AKE a Calves Head, clean it and wash it very well; put it a boyling till it be threequarters boyled, then cut off the flesh from the bones, and cut it in pieces as big as  
Walnuts,

Walnuts, blanch the Tongue, and cut it in slices, take a quart of Oysters parboyled and bearded, take the yolks of twelve eggs, put some thin slices of Bacon among the Meat, and on the top of the Meat when it is in the Pye, cut an Onion small and put it in the bottom of your Pye, season it with Pepper, Nutmeg, Mace, and Salt, make your Coffin to your Meat, what fashion you please. Let it bake an hour and an half, put Butter on the bottom and on the top of your Pye before you close it, put a little water in before you put it into the Oven, when you draw it out, take off the Lid, and put away all the fat on the top, and put in a leere of thick Butter, Gravy of Mutton, a Lemon pared and sliced, with two or three Anchovies dissolved. So stew these together, and cut your lid in handsome pieces, and lay it round the Pye, so serve it.

*To make Cream with Snow.*

**T**Ake three pints of Cream, and the whites of seven or eight Eggs, and strain them together, a little Rose-water, and as much Sugar as will sweeten it, then take a stick as big as a Childs Arm, cleave one end of it across, and widen your pieces with your finger, beat your Cream with this stick,

stick, or else with a bundle of Reeds tyed together, and rowl between your hands standing upright in your Cream, now as the Snow ariseth take it up with a spoon in a Cullender, that the thin may run out, and when you have Sufficent of this Snow, take the Cream that is left and seeth it in the skillet, and put thereto whole Cloves, sticks of Cinnamon, a little Ginger bruised, and seeth it till it be thick, then strain it, and when it is cold put it into your dish, and lay your Snow upon it.

*To make minced Pyes.*

**T**Ake a large Neats Tongue, shred it very well, three pound and a half of Suet very well shred, Currans three pound, half an ounce of beaten Cloves and Mace, season it with Salt when you think it fit, half a preserved Orange, or instead of it, Orange Peels, a quarter of a pound of Sugar, a little Lemon Peel sliced very thin, put all these together very well, put to it two spoonfuls of Verjuyce, and a quarter of a pint of Sack, &c.

*To dry Neats Tongues.*

**T**AKE Bay-Salt beaten very fine, and Salt-Peter, of each alike, and rub your Tongues very well with that, and cover all over with it; and as it wastes put on more, and when they are very hard and stiff, they are enough, then rowl them in Bran, and dry them before a soft fire, and before you boyl them, let them lye one night in Pump-water, and boyl them in the same sort of water.

*To make Jelly of Harts-horn.*

**T**AKE six ounces of Harts-horn, three ounces of Ivory, both finely Carped, boyl it in two quarts of water in a Pipkin close covered, and when it is three parts wasted, you may try it with a spoon if it will be jelly, you may know by the sticking to your Lips, then strain it through a jelly bag, season it with Rose-water, juyce of Lemons, and double refined Sugar, each according to your taste, then boyl altogether two or three Walms, so put in the glass and keep for your use.

*To*

*To make Chickens fat in four or five days.*

**T**AKE a pint of French wheat, and a pint of Wheat-Flower, half a pound of Sugar, make it up into a stiff Paste, and rowl it into little rowls, wet them in warm Milk, and so Cram them, and they will be fat in four or five days, if you please you may sow them up behind one or two of the last days.

*To make Angelot.*

**T**AKE a gallon of stroakings, and a pint of Cream as it comes from the Cow, and put it together with a little Rennet: when you fill, turn up the midst side of the Cheese-fat, fill them a little at once, and let it stand all that day and the next, then turn them, and let them stand till they will slip out of the fat, salt them on both sides, and when the Coats begin to come on them, for the thicker the Coat is the better.

*A Persian Dish.*

**T**AKE the fleshy part of a Leg of Mutton stript from the fat and sinews, beat that

that well in a Mortar with Pepper and Salt, and a little Onion or Garlick-water by it self, or with Herbs according to your taste, then make it up in flat Cakes, and let them be kept twelve hours between two dishes before you use them, then Fry them with Butter in a frying pan, and serve them with the same Butter, and you will find it a dish of savoury Meat.

*To roast a Shoulder of Mutton in Blood.*

**W**Hen your Sheep is killed save the blood, and spread the Caul all open upon a Table that is wet, that it may not stick to it, as soon as you have flead your Sheep, cut of a shoulder, and having Thyme picked, shred and cut small into some of your blood, stop your shoulder with it, inside and outside, and into every hole with a spoon put some of the Blood; after you have put in the Thyme, then lay your shoulder of Mutton upon the Caul and wrap that about it, then lay it into a Tray, and pour all the rest of the blood upon it; so let it lye all night, if it be Winter, you may let it lye twenty four hours, then roast it.



*To roast a Leg of Mutton to be eaten cold.*

**F**irst take so much Lard as you think sufficient to Lard your Leg of Mutton withall, cut your Lard in gross long Larders; season the Lard very deep with beaten Cloves, Pepper, Nutmeg, and Mace, and Bay-salt beaten fine and dryed, then take Parsley, Thyme, Marjoram, Onion, and the outrind of an Orange, shred all these very small, and mix them with the Lard, then Lard your Leg of Mutton therewith, if any of the Herbs and Spice remain, put them on the Leg of Mutton, then take a silver dish, lay two sticks cross the dish to keep the Mutton from sopping in the Gravy and Fat that goes from it, lay the Leg of Mutton upon the sticks, and set it into an hot Oven, there let it roast, turn it once, but baste it not at all, when it is enough and very tender, take it forth, but serve it not till it be thoroughly cold; when you serve it, put in a saucer or two of Mustard and Sugar, and two or three Lemons whole in the same dish.

*To roast Oysters.*

**T**Ake the greatest Oysters you can get, and as you open them, put them into a Dish

Dish with their own Liquor, then take them out of the Dish, and put them into another, and pour the Liquor to them, but be sure no gravel get amongst them; then set them covered on the fire, and scald them a little in their own Liquor, and when they are cold, draw eight or ten Lards through each Oyster, season your Lard first with Cloves, Nutmeg beaten very small, Pepper; then take two wooden Lard Spits, and spit your Oysters thereon, then tie them to another Spit, and roast them. In the roasting baste them with Anchovy sauce, made with some of the Oyster Liquor, and let them drip into the same dish where the Anchovy sauce is; when they be enough, bread them with the crust of a rowl grated on them, and when they are brown draw them off, then take the Sauce wherewith you basted your Oysters, and blow off the fat, then put the same to the Oysters, wring in it the juyce of a Lemon, so serve it.

*To make a Sack-Poſſet.*

**T**AKE a quart of Cream, and boyl it very well with Sugar, Mace and Nutmeg, take half a Pint of Sack, and as much Ale, and boyl them well together, with some Sugar,

gar, then put your Cream into your Bason to your Sack, then heat a Pewter dish very hot and cover your Bason with it, and set it by the fire side, and let it stand there two or three hours before you eat it.

*Another Sack-Poffet.*

**T**AKE eight Eggs, yolks and whites, and beat them well together, strain them into a quart of Cream, season them with Nutmeg and Sugar, put to them a pint of Sack, stir them all together, and put them into your Bason, and set them in the Oven no hotter than for a Custard, let it stand two hours.

*To make a Sack-Poffet without milk or Cream.*

**T**AKE eighteen Eggs, whites and all, taking out the Treads, let them be beaten very well, take a pint of Sack or a quart and boyl it, and scum it, then put in three quarters of a pound of Sugar, and a little Nutmeg, let it boyl a little together, then take it off the fire stirring the Eggs, still put into them two or three Ladlefuls of drink, then mingle all together, and set it on the fire, and keep it stirring till you find it thick; then serve it up.

*To*

*To make a Stump-Pye.*

**T**AKE a Leg of Mutton, one pound and an half of the best Suet, mince both small together, then season it with a quarter of a pound of Sugar, and a small quantity of Salt, and a little Cloves and Mace, then take a good handful of Parsley, half as much Thyme, and mince them very small, and mingle them with the rest; then take six new laid Eggs, and break them into the meat, and work it well together, and put it into the Paste; then upon the top put Raisins, Currans and Dates a good quantity, cover and bake it, when it is baked, and when it is very hot, put into it a quarter of a pint of white-Wine Vinegar, and strew Sugar upon it, and so serve it.

*To make Mrs. Leeds Cheese-Cakes.*

**T**AKE six quarts of Milk, and rennet pretty cold, and when it is tender come, drain from it your Whey in a strainer, then hang it up till all the Whey be dropt from it, then press it, change it into dry clothes till it wet the cloth no longer, then beat it in a stone Mortar till it be like Butter, then strain it through a thin strainer, mingle it with a  
pound

pound and a half of Butter with your hands, take one pound of Almonds, and beat them with Rosewater, till they are like your curd, then mingle them with the yolks of twenty Eggs and a quart of Cream, two great Nutmegs, one pound and a half of Sugar: when your Coffins are ready and going to set in the Oven, then mingle them together: let your Oven be made hot enough for a Pygeon Pye, and let a stone stand up till the scorching be past, then set them in, half an hour will bake them well, your Coffins must be made with Milk and Butter as stiff as for other paste, then you must set them into a pretty hot Oven, and fill them full of Bran, and when they are hardned, take them out, and with a wing brush out the bran. They must be pricked.

*To make Tarts called Taffaty Tarts.*

**F**irst wet your Paste with Butter and cold Water, and rowl it very thin, also then lay them in lays, and between every lay of Apple strew some Sugar, and some Lemon Peel cut very small, if you please put some Fennel-seed to them: then put them into a stoak hot Oven, and let them stand an hour in or more, then take them out, and take Rose-water, and Butter beat-

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en together, and wash them over with the same, and strew fine Sugar upon them; then put them into the Oven again, let them stand a little while, and take them out.

*To make fresh Cheese.*

**T**Ake three pints of raw Cream, and sweeten it well with Sugar, and set it over the fire, let it boyl a while, then put in some Damask Rose-water, keep it still stirring lest it burn too, and when you see it thickned and turned, take it from the fire, and wash the strainer and Cheese-fat with Rose-water, then rowl it too and fro in the Strainer to drain the Whey from the Curd, then take up the Curd with a spoon, and put them into the Fat, let it stand till it be cold, then put it into the Cheese-Dish with some of the Whey, and so serve it up.

*To make Sugar-Cakes or Fumbals.*

**T**Ake two pound of Flower, dry it and season it very fine, then take a pound of Loaf-Sugar, and beat it very fine, and searse it, mingle your Flower and Sugar very well, then take a pound and an half of sweet Butter, and wash out the Salt, and break it into bits with your Flow-

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er and Sugar, then take the yolks of four new laid Eggs, and four or five spoonfuls of Sack, and four spoonfuls of Cream, beat all these together, then put them into your Flower, and knead them to a Paste, and make them into what fashion you please, and lay them upon Paper or Plates, and put them into the Oven, and be careful of them, for a very little thing bakes them.

*For Fumbals you must only add the whites of two or three Eggs.*

*To bask a Shoulder of Mutton.*

**T**AKE a Shoulder of Mutton and slice it very thin, till you have almost nothing but the bone, then put to the meat some Claret-Wine, a great Onyon, some Gravy of Mutton, six Anchoves, an handful of Capers, the tops of a little Thyme, mince them very well together, then take nine or ten Eggs, the juyce of one or two Lemons to make it tart, and make leer of them, then put the meat all in a Frying-Pan over the fire till it be very hot; then put in the leer of Eggs, and soak altogether over the fire till it be very thick; then boyl your bone, and put it on the top of your meat, being  
Dished,

Dished, Garnish your Dish with Lemons, serve it up.

*To dress Flounders or Plaice with Garlick and Mustard.*

**T**AKE Flounders very new, and cut off all the Fins and Tayls, then take out the Guts and wipe them very clean, they must not be at all washed, then with your Knife scoth them on both sides very grossly; then take the tops of Thyme, and cut them very small, and take a little Salt, Mace, and Nutmeg; and mingle the Thyme and them together, and season the Flounders, then lay them on the Grid-iron, and baste them with Oyl or Butter, let not the fire be too hot, when that side next the fire is brown, turn it, and when you turn it baste it on both sides till you have broyled them brown; when they are enough, make your sauce with Mustard two or three spoonfuls, according to discretion, six Anchoves dissolved very well, about half a pound of Butter drawn up with Garlick, Vinegar, or bruised Garlick in other Vinegar, rub the bottom of your Dish with Garlick. So put your sauce to them and serve them, you may fry them if you please.



*A Turkish dish.*

**T**Ake fat Beef or Mutton cut in thin slices, wash it well, put it into a pot that hath a close cover, then put into it a good quantity of clean pickt Rice, skim it very well; then put into it a quantity of whole Pepper, two or three whole Onions, let all this boyl very well, then take out the Onion, and Dish it in Sippets, the thicker it is the better.

*To dress a Pike.*

**C**UT him in pieces, and strew upon him Salt and scalding Vinegar, boyl him in water and white-Wine, when he is boyling, put in sweet-herbs, Onion, Garlick, Ginger, Nutmeg, and Salt; when he is boyled take him out of the Liquor, and let him drain, in the mean time beat Butter and Anchoves together, and pour it on the Fish, squeezing a little Orange and Lemon upon it.

*To dress Oysters.*

**T**Ake Oysters and open them, and save the Liquor, and when you have opened so many as you please, add to this Liquor  
some

some white-Wine, wherein you must wash your Oysters one by one very clean; and lay them in another Dish; then strain to them that mixed Wine and Liquor wherein they were washed, adding a little more Wine to them with an Onion divided, with some Salt and Pepper, so done, cover the Dish, and stew them till they be more than half done, then take them and the Liquor, and pour it into a Frying-pan, wherein they must fry a pretty while, then put into them a good piece of sweet Butter, and fry them therein so much longer; in the mean time you must have beaten the yolks of some Eggs, as four or five to a quart of Oysters; these Eggs must be beaten with some Vinegar, wherein you must put some minced Parsley and Nutmeg finely scraped, and put therein the Oysters in the Pan, which must still be kept stirring, lest the Liquor make the Eggs curdle, let this all have a good walm on the fire, and serve it up.

*To dress Flounders.*

**F**lea off the black skin, and scour the Fish over on that side with a Knife, lay them in a dish, and pour on them some Vinegar, and strew good store of Salt, let them lye for half an hour, in the mean time set

on the fire some water with a little white-Wine, Garlick and sweet Herbs, as you please, putting into it the Vinegar and Salt wherein they lay, when it boyls put in the biggest fish, then the next till all be in; when they are boyled take them out and drain them very well, then draw some sweet Butter thick, and mince with it some Anchoves shred small, which being dissolved in the Butter, pour it on the Fish, strewing a little sliced Nutmeg, and minced Oranges and Barberries.

*To dress Snails.*

**T**AKE Snails and put them in a Kettle of water, and let them boyl a little, then take them out, and shake them out of the shells into a Bason; then take some Salt and scour them very well, and wash them in warm water until you find the slime clean gone from them; then put them into a Cullender and let them drain well, then mince some sweet herbs, and put them into a Dish with a little Pepper and Sallet-Oyl together, then let them stand an hour or two; then wash the Snails very well, and dry them, and put into every shell a Snail, and fill up the shell with Sallet-Oyl and Herbs, then set them on a Grid-Iron upon a soft fire, and  
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so let them stew a little while, and dish them up warm, and serve them up.

*To dress Pickle Fish.*

**W**ash them well while they are in the shell in salt water, put them into a kettle over the fire without water; and stir them till they are open, then take them out of their shell, and wash them in hot water and salt, then take some of their own Liquor that they have made in the Kettle, a little white-Wine, Butter, Vinegar, Spice, Parsley; let all these boyl together, and when it is boyled, take the yolks of three or four Eggs and put into the Broth. Scollops may be dressed on this manner, or boyled like Oysters with Oyl, or juyce of Lemons,

*To Fricate Beef Pallates.*

**T**AKE Beef Pallates, after they be boyled very tender, blanch and pare them clean, season them with fine beaten Cloves, Nutmeg, Pepper, Salt, and some grated bread; then have some Butter in a Frying pan, put your Pallates therein, and so frycate them till they be brown on both sides, then take them forth and put on a dish, and put thereto some Gravy of Mutton wherein two or

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three.

three Anchovies are dissolved, grate in your sauce a little Nutmeg, wring in the juyce of a Lemon, so serve them.

*A Spanish Olio. And how to make it.*

**T**AKE a piece of Bacon not very fat, but sweet and safe from being rusty, a piece of fresh Beef, a couple of Hogs ears, and four feet, if they can be had, and if not, some quantity of Sheeps feet, (Calves Feet are not proper) a Joynt of Mutton, the Leg, Rack, or Loyn, a Hen, half a dozen Pygeons, a bundle of Parsley, Leeks and Mint, a Clove of Garlick when you will, a small quantity of Pepper, Cloves and Saffron, so mingled that not one of them over-rule, the Pepper and Cloves must be beaten as fine as possibly may be, and the Saffron must be first dried, and then crumbled in Powder, and dissolved apart in two or three spoonfuls of Broth, but both the Spices and the Saffron may be kept apart till immediately before they be used, which must not be till within a quarter of an hour before the Olio be taken off from the fire; a pottle of hard dry Pease, when they have first steeped in water some days, a pint of boyled Chesnuts: Particular care must be had that the Pot wherein the Olio is made, be very sweet: Earthen I think

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is the best, and judgment is to be had carefully both in the size of the Pot, and in the quantity of the water at the first, that so the broth may grow afterwards to be neither too much nor too little, nor too gross nor too thin; the meat must be long in boiling, but the fire not too fierce, the Bacon, the Beef, the Pease, the Chesnuts, the Hogs Ears may be put in at first. I am utterly against those confused Olio's, into which men put almost all kinds of meats and roots, and especially against putting of Oyl, for it corrupts the broth, instead of adding goodness to it. To do well, the Broth is rather to be drank out of a Porringer, than to be eaten with a spoon, though you add some small slices of bread to it, you will like it the worse. The sauce for the meat must be as much fine Sugar beaten small to powder, with a little Mustard, as can be made to drink the Sugar up, and you will find it to be excellent; but if you make it not faithfully, and just according to this Prescript, but shall either put Mace or Rosemary, or Thyme, to the Herbs, as the manner is of some, it will prove very much the worse.

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*To make Metheglin.*

**T**AKE all sorts of Herbs that are good and wholsom, as Balm, Mint, Fennel, Rosemary, Angelica, wild Thyme, Hysop, Burnet, Agrimony, and such other as you think fit; some field herbs; but you must not put in too many, but especially Rosemary or any strong herbs, less than half a handful will serve of every sort, you must boyl your Herbs and strain them, and let the Liquor stand till to morrow, and settle them, take of the clearest Liquor two gallons and a half to one gallon of Hony, and that proportion as much as you will make, and let it boyl an hour, and in the boyling skim it very clean, then set it a cooling as you do Beer, when it is cold, take some very good Ale Barm and put into the bottom of the tub a little and a little, as they do Beer, keeping back the thick settling that lieth in the bottom of the Vessel, that it is cooled in, and when it is all put together, cover it with a cloath, and let it work very near three days, and when you mean to put it up, skim off the Barm clean, put it up into the Vessel, but you must not stop your Vessel very close in three or four days, but let it have all the vent, for it will work, and when it is close stopped,

stopped, you must look very often to it, and have a peg in the top to give it vent when you hear it make a noise, as it will do, or else it will break the Vessel; sometimes I make a bag, and put in good store of Ginger sliced, some Cloves and Cinnamon, and boyl it in, and other times I put it into the Barrel, and never boyl it, it is both good, but Nutmeg and Mace do not well to my taste.

*To make a Sallet of Smelts.*

**T**Ake half an hundred of Smelts, the biggest you can get, draw them and cut off their heads, put them into a Pipkin with a pint of white-Wine, and a pint of white-Wine-Vinegar, an Onion shred, a couple of Lemons, a Race of Ginger, three or four blades of Mace, a Nutmeg sliced, whole Pepper, a little Salt, cover them, and let them stand twenty four hours; if you will keep them three or four days, let not your Pickle be two strong of the Vinegar, when you will serve them, take them out one by one, scrape and open them as you do Anchovies, but throw away the bones, lay them close one by one round a Silver dish, you must have the very utmost rind of a Lemon or Orange so small as grated bread, and the Parsley, then mix your Lemon peel, Orange



range and Parsley together with a little fine beaten Pepper, and strew this upon the dish of Smelts, with the meat of a Lemon minced very small, also then pour on excellent Sallad-Oyl, and wring in the juyce of two Lemons, but be sure none of the Lemon-seed be left in the Sallad, so serve it.

*To roast a Phillet of Beef.*

**T**AKE a Phillet of Beef, which is the tenderest part of the Beast, and lyeth only in the inner part of the Surloyn next to the Chine, cut it as big as you can, then broach it on a Broach not too big, and be careful you broach it not thorow the best of the meat, roast it leisurely, and bast it with sweet Butter: set a dish under it to save the Gravy; while the Beef is roasting, prepare the Sauce for it; chop good store of Parsley, with a few sweet herbs shread small, and the yolks of three or four Eggs, and mince among them the Peel of an Orange, and a little Onion, then boyl this mixture, putting into it sweet Butter, Vinegar and Gravie, a spoonful of strong broth, when it is well boyled, put into it your Beef, and serve it very warm, sometimes a little gross Pepper or Ginger into your Sauce, or a Peel of an Orange or Lemon:

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*To make a Sallet of a cold Hen or Capon.*

**T**AKE the breast of an Hen or Capon, and slice it as thin as you can in steaks, put therein Vinegar and a little Sugar, as you think fit; then take six Anchoves, and a handful of Capers, a little Long grass or a Carrigon, and mince them together, but not too small, strew it on the Sallet, garnish them with Lemons, Oranges or Barberries, so serve it up with a little Salt.

*To stew Mushrooms.*

**T**AKE them fresh gathered, and cut off the hard end of the stalk, and as you peel them throw them into a dish of white-Wine, after they have lain half an hour or thereabout, drain them from the Wine, and put them between two Silver Dishes, then set them on a soft fire, without any liquor, and when they have stewed a while, pour away the liquor that comes from them, which will be very black, then put your Mushrooms into another clean Dish with a sprig or two of Thyme, an Onion whole, four or five corns of whole Pepper, two or three Cloves, a bit of an Orange, a little Salt, a bit of sweet Butter, and some pure  
Gravy

Gravy of Mutton, cover them, and set them on a gentle fire, so let them stew softly till they be enough, and very tender, when you dish them, blow off all the fat from them, and take out the Thyme, Spice and Orange, then wring in the juyce of a Lemon, and grate a little Nutmeg among the Mushrooms, toss them two or three times, put them in a clean dish, and serve them hot to the Table.

*The Lord Conway, bis Lordship's Receipt for the making of Amber Puddings.*

**F**irst take the Guts of a young Hog, and wash them very clean, and then take two pound of the best Hogs fat, and a pound and a half of the best Jordan Almonds, the which being blanch'd, take one half of them and beat them very small, and the other half reserve whole unbeaten, then take a pound and a half of fine Sugar, and four white loaves, and grate the Loaves over the former Composition, and mingle them well together in a Bason, having so done, put to it half an ounce of Ambergreese, the which must be scraped very small over the said composition, take half a quarter of an ounce of Levant Musk, and bruise it in a Marble Mortar, with a quarter of a pint of Orange-flower-

flower-water, then mingle these all very well together, and having so done, fill the said Guts therewith. This Receipt was given his Lordship by an *Italian* for a great Rarity, and has been found so to be by those Ladies of Honour, to whom his Lordship has imparted the said Receipt.

*To make a Partridge Tart.*

**T**AKE the flesh of four or five Partridges minced very small, with the same weight of Beef-Marrow as you have Partridge flesh, with two ounces of Orangadoes and green Citron minced together as small as your meat, season it with Cloves and Mace and Nutmeg, and a little Salt and Sugar, mix all together, and bake it in Puff Paste; when it is baked open it, and put in half a Grain of Musk, or Amber brayed in a Mortar or Dish, and with a spoonful of Rose-water, and the juyce of three or four Oranges, when you put all these therein, stir the meat and cover it again, and serve it to the Table.

*To keep Venison all the year.*

**T**AKE the Haunch and parboyl it a while, then season it with two Nutmegs, a spoonful of Pepper, and a good quantity

tity of Salt, mingle them all together; then put two spoonfuls of white-Wine-Vinegar, and having made the Venison full of holes, as you do when you Lard it, when it is Larded, put in the Venison at the holes the Spice and Vinegar, and season it therewith, then put part into the Pot with the fat side downwards, cover it with two pound of Butter, then close it up close with course Paste, when you take it out of the Oven take away the Paste, and lay a round Trencher with a weight on the top of it to keep it down, till it be cold, then take of the Trencher, and lay the Butter flat upon the Venison, then cover it close with strong white Pepper, if your Pot be narrow at the bottom it is better, for it must be turned upon a plate and stuck with Bay leaves, when you please to eat it.

*To bake Brawn.*

**T**AKE two Buttocks and hang them up two or three days, then take them down and dip them into hot water, and pluck off the skin, dry them very well with a clean Cloth, when you have so done, take Lard, cut it in pieces as big as your little finger, and season it very well with Pepper, Cloves, Mace, Nutmeg, and

and Salt, put each of them into an earthen Pot, put in a pint of Claret-Wine, a pound of Mutton Suet. So close it with Paste, let the Oven be well heated, and so bake them, you must give them time for the baking according to the bigness of the Haunches and the thickness of the Pots, they commonly allot seven hours for the baking of them; let them stand three days, then take off their Covers, and pour away all the liquor, then have clarified Butter, and fill up both the pots to keep it for the use, it will very well keep two or three Months.

*To roast a Pike.*

**T**AKE a Pike, scour off the slime, take out the intrails, Lard it with the backs of Pickled Herrings, you must have a sharp Bodkin to make the holes, no larding-pins will go through, then take some great Oysters, Claret-Wine, season it with Pepper, Salt and Nutmeg, stuff the belly of the Pike with these Oysters, intermix with them Rosemary, Thyme, Winter savory, sweet Marjoram, a little Onion and Garlick, sew these in the belly of the Pike, prepare two sticks about the breadth of a Lath, these two sticks and the Spit must be as broad as the Pike being tied on the Spit, tye the  
Pike

Pike on, winding Pack-thread about the Pike along, but there must be tyed by the Pack-thread all along the side of the Pike which is not defended by the Spit, and the Lathes, Rosemary and Bayes, baste the Pike with Butter and Claret-Wine, with some Anchoves dissolved in it, when it is wasted, rip up the belly of the Pike and the Oysters will be the same, but the herbs which are whole must be taken out.

*To sauce Eels.*

**T**AKE two or three great Eels, rub them in Salt, draw out the Guts, wash them very clean, cut them athwart on both sides a sound depth, and cut them again crossway, then cut them thorow in such pieces as you think fit, and put them into a dish with a pint of Wine-Vinegar, and an handful of Salt, have a Kettle over the fire with fair water, and a bundle of sweet-herbs, two or three great Onions, some Mace, a few Cloves, you must let these ly in Wine-Vinegar and Salt, and put them into boyling Liquor, there let them boyl according to Cookery, when enough, take out the Eels, and drain them from the Liquor, when they are cold take a pint of white-Wine, boyl it up with Saffron

from to colour the Wine, then take out some of the liquor, or put it in an earthen pan, take out the Onions and all the herbs, only let the Cloves and Mace remain, you must beat the Saffron to powder, or else it will not colour.

*To make Sausages without skins.*

**T**Ake a Leg of young Pork, two pound of Beef-suet, two handfuls of Sage, two loaves of white Bread, Salt and Pepper to your taste, half the Pork and half the Suet must be very well beaten in a stone Mortar the rest cut very small, be sure to cut out all Gristles and Lenets in the Pork, when you have mixed these all together, knead them into a stiff paste with the yolks of two or three Eggs, so rowl them into Sausages.

*To dress a Pike.*

**T**Ake a Male Pike, rub his skin off whilst he lives with Bay Salt; having well cleared the out side, lay him in a large Dish or tray, open him so as you break not his gall, cut him according to the size of the fish in two or three pieces, from the head to the tail must be slit, this done, they are to be laid as flat as you can in a great Dish or Tray,  
pour



pour upon it half a pint of white-Wine-Vinegar, more or less, according to the size of the fish, then strew upon the inside of the fish white Salt plentifully, Bay Salt beaten very small is better, whilst this is a doing, let a skillet with a sufficient quantity of Rhennish Wine, or good white-Wine, be put over the fire, with the Wine, Salt, Ginger, Nutmeg, an Onion, four or five Cloves of Garlick, a bunch of sweet herbs, *viz.* Sweet-Marjoram, Rosemary, Peel of half a Lemon, let these boyl to the height, put in the Pike with the Vinegar, in such manner as not to quench or allay, if Possible, the heat of the Liquor, put the thickest piece first, that will ask most boyling, and the Vinegar last of all; while the Pike boyls take half a pound of Anchoves, one quarter of very good Butter, a Saucer of the Liquor your Pike was boyled in, dissolve the Anchoves. Note that the Liquor, Sauce, the Spice and the other ingredients must follow the proportion of the Pike; if your Sauce be too strong of the Anchoves add more fair water to it. Note also, the Liquor wherein this Pike was dressed, is better to boyl a second Pike therein, than it was at the first.

*To dress Eels.*

**C**UT two or three Eels into pieces of a convenient length, set them end-ways in a pot of earth, put in a spoonful or two of water, and to them put some Herbs and Sage chopt small, some Garlick, Pepper and Salt, so let them be baked in an Oven.

*To boyl a Pudding after the French Fashion.*

**T**AKE a Turkey that is very fat, and being pulled and drest, Lard him with long pieces of Lard, first wholed in seasoning of Salt, Pepper, Nutmeg, Cloves and Mace, then take one piece of Lard whole in the seasoning, put it into the belly with a sprig of Rosemary and Bays, sow it up very close in a clean Cloth, and let it lye all night covered with white Wine, let it be put into a pot with the same Liquor and no more, let it be close stopped, then hang it over a very soft and gentle fire, there to continue six hours in a simpering boyl, when it is cold take it out of the Cloth, not before, put it on a Pye-plate, and stick it full of Rosemary and Bays, so serve it up with Mustard and Sugar, they are wont to lay it on a  
Napkin

Napkin folded square, and lay it Corner-wise.

*To make a Fricake.*

**T**AKE three Chickens, and pull off the skins, and cut them into little pieces, then put them into water with two or three Onions and a bunch of Parsley, and when it hath stewed a little, put in some Salt and Pepper, and a pint of white-Wine, so let them stew till they be enough, then take some Verjuyce and Nutmegs, and three or four yolks of Eggs, beat them well together, and when you take off the Chickens, put them into a Frying-pan altogether with some Butter, scald it well over the fire and serve it in.

*To make a Dish called Olives.*

**T**AKE a Fillet of Veal, and flesh from the bones, and the fat and skin from either, cut it into very thin slices, beat them with the back of your Knife, lay them abroad on a Dish, season them with Nutmeg, Pepper, Salt and Sugar, chop half a pound of Beef-suet very small, and strew upon the top of the meat, then take a good handful of herbs, as Parsley, Thyme, Winter-savory, Sorrel

Sorrel and Spinnage, chop them very small, and strew over it four Eggs with the whites, mingle these all well together with your hands, then rowl it up piece by piece, put it upon the Spit, roasting it an hour and half, and if it grow dry, baste it with a little sweet Butter, the sauce is Verjuyce or Claret Wine, with the Gravy of the Meat and Sugar, take a whole Onion and stew it on a Chafindish of Coals, and when it tast of the Onion, pour the Liquor from it on the meat, setting it a while on the Coals, and serve it in.

*To make an Olive Pye.*

**T**His you may take in a Pye, putting Raisins of the Sun stoned and some Currans in every Olive, first strewing upon the meat the whites and yolks of two boyled Eggs, shred very small, make your Olives round, and put them into Puff-Paste, when it is half baked, put in a good quantity of Verjuyce or Claret-Wine sweetened with Sugar, putting it in again till it be thorow baked.

*The Countess of Rutlands Receipt for making  
the rare Banbury Cake, which was so  
much praised at her Daughter's (the Right  
Honourable the Lady Chaworth's) Wed-  
ding.*

*Imprimis,*

**T**AKE a peck of fine flower, and half an ounce of large Mace, half an ounce of Nutmegs, and half an ounce of Cinnamon, your Cinnamon and Nutmegs must be sifted through a Searse, two pounds of Butter, half a score of Eggs, put out four of the whites of them; something above a pint of good Ale-yeast, beat your Eggs very well, and strain them with your Yeast, and a little warm water into your flower, and stir them together, then put your Butter cold in little Lumps: The water you knead withall must be scalding hot, if you will make it good Paste, the which having done, lay the Paste to rise in a warm Cloth, a quarter of an hour or thereupon; then put in ten pounds of Currans, and a little Musk and Ambergreece dissolved in Rosewater, your Currans must be made very dry, or else they will make your Cake heavy, strew as much Sugar finely beaten amongst the Currans as you shall think

think the water hath taken away the sweetness from them; break your Paste into little pieces, into a Kimmel, or such like thing, and lay a Layer of Paste broken into little pieces, and a Layer of Currans, until your Currans are all put in, mingle the Paste and the Currans very well, but take heed of breaking the Currans, you must take out a piece of Paste after it hath risen in a warm Cloth, before you put in the Currans, to cover the top, and the bottom, you must rowl the Cover something thin, and the bottom likewise, and wet it with Rose-water, and close them at the bottom of the side, or the middle, which you like best, prick the top and the sides with a small long pin; when your Cake is ready to go into the Oven, cut it in the midst of the sight round about with a Knife, an inch deep, if your Cake be of a peck of Meal, it must stand two hours in the Oven, your Oven must be as hot as for Manchet.

*An excellent Syllabub.*

**F**ILL your Syllabub-pot with Syder (for that is the best for a Syllabub) and good store of Sugar and a little Nutmeg; stir it well together, put in as much thick cream, by two or three spoonfuls at a time, as hard as  
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you can, as though you milk it in, then stir it together exceeding softly once about, and let it stand two hours at least e're it is eaten, for the standing makes the Curd.

*To Souce a Pig.*

**T**AKE a fair large Pig, and cut off his head, then slit him through the midst, then take out his bones, then lay him in warm water one night, then Coller him up like Brawn, then boyl him tender in fair water, and when he is boyled put him in an earthen pot or pan, in water and Salt, for that will make him white, and season the flesh, for you must not put Salt in the boyling, for that will make it black, then take a quart of the same broth, and a quart of white-Wine, boyl them together to make some drink for it, put into it two or three Bay-leaves, when it is cold unclorhe the Pig, and put it into the same drink, and it will continue a quarter of a year. It is a necessary Dish in any Gentlemans house; when you serve it in, serve it with green Fennel, as you do Sturgeon with Vinegar in Saucers,

*To make a Virginia Trout.*

**T**AKE Pickled Herrings, cut off their Heads, and lay the Bodies two days and nights in water, then wash them well, then season them with Mace, Cinnamon, Cloves, Pepper, and a little red Saunders, then lay them close in a Pot with a little Onion strewed small upon them, and cast between every layer; when you have thus done, put in a pint of Claret-Wine to them, and cover them with a double paper tied on the Pot, and set them in the Oven with household bread.. They are to be eaten cold.

*To make a fat Lamb of a Pig.*

**T**AKE a fat Pig, and scald him, and cut off his head, slit him and truss him up like a Lamb, then being slit through the middle, and flawed, then parboyl him a little while, then draw him with parsley, as you do a Lamb, then roast it and dridge it, and serve it up with Butter, Pepper and Sugar.

*To make Rice Pancakes.*

**T**AKE a pound of Rice and boyl it in three  
quarts of water till it be very tender,  
S 2 then



then put it into a pot covered close, and that will make a Jelly, then take a quart of Cream or new milk, put it scalding hot to the Rice, then take twenty Eggs, three quarters of a pound of melted Butter, a little Salt, stir all these well together, put as much flower to them as will make them hold frying, they must be fryed with Butter, they must be made over night best.

*Mrs. Duke's Cake.*

**T**AKE a quarter of a peck of the finest flower, a pint of Cream, ten yolks of Eggs well beaten, three quarters of a pound of Butter gently melted, pour on the flower a little Ale-yeast, a quarter of a pint of Rose-water, with some Musk, and Ambergreece dissolved in it, season all with a pennyworth of Mace and Cloves, a little Nutmeg finely beaten, Currans one pound and a half, Raisins of the Sun stoned and shred small one pound, Almonds blanched and beaten half a pound, beat them with Rose-water to keep them from Oyling: Sugar beaten very small half a pound; first mingle them, knead all these together, then let them lye a full hour in the Dough together, then the Oven being made ready, make up your Cake, let not the Oven be too hot, nor shut up the mouth of  
it

it too close, but stir the Cake now and then that it bake all alike, let it not stand a full hour in the Oven. Against you draw it have some Rose-water and Sugar finely beaten, and well mixed together to wash the upper side of it, then set it in the Oven to dry, when you draw it out it will shew like Ice.

*To make fine Pancakes fried without Butter or Lard.*

**T**AKE a pint of Cream, six new laid Eggs, beat them very well, put in a quarter of a pound of Sugar, one Nutmeg or beaten Mace, which you please, as much flower as will thicken them almost as thick as for ordinary Pancakes, your pan must be clean wiped with a cloth, when it is reasonably hot, put in your Batter as thick or thin as you please to fry them.

*To Pot Venison.*

**T**AKE an haunch of Venison not hunted, and bone it, then take three ounces of Pepper beaten, twelve Nutmegs with an handful of Salt, and mince them together with Wine-Vinegar, then wet your Venison with wine-Vinegar, and season it, then with a Knife make holes on the lean sides of the Haunch, and stuff it as you would stuff Beef

with Parsly, then put it into the pot with the fat side downward, then clarifie three pound of Butter, and put it thereon, and paste upon the Pot, and let it stand in the Oven five or six hours, then take it out, and with a vent, press it down to the bottom of the pot, and let it stand till it be cold, then take the Gravy off the top of the Pot and melt it, and boyl it half away and more, then put it in again with the Butter on the top of the Pot.

*To make a Marchpane: to Ice him, &c.*

**T**Ake two pound of Almonds blanched, and beaten in a stone Mortar till they begin to come to a fine paste, and take a pound of sifted Sugar, and put it in the Mortar with the Almonds, and so leave it till it come to a perfect Paste, putting in now and then a spoonful of Rosewater to keep them from Oyling: when you have beaten them to a perfect Paste, cover the Marchpane in a sheet, as big as a Charger, and set an edge about, as you do about a Tart, and a bottom of Wafers under him; thus bake it in an Oven or baking pan, when you see your Marchpane is hard and dry, take it out and Ice it with Rose-water and Sugar, being made as thick as Batter for Fritters; so spread

spread it on with a wing-feather, so put it into the Oven again; and when you see it rise high, then take it out and garnish it with some pretty conceits, made of part of the same stuff, stick long Comfits upright in him, so serve him.

*To make 'felly the best way.*

**T**AKE a Leg of Veal and pare away the fat as clean as you can, wash it thoroughly, let it lye soaking a quarter of an hour or more, provided you first break the bones, then take four Calves feet, scald off the hair in boyling water, then slit them in two, and put them to your Veal, let them boyl over the fire in a brasse pot, with two gallons of water or more, according to the proportion of your Veal, scum it very clean and often, so let it boyl till it come to three pints or a little more, then strain it through a clean strainer into a Basen, and so let it stand till it be through cold and well jellied, then cut it in pieces with a Knife, and pare the top and the bottom of them, put it into a skillet, take two ounces of Cinnamon broken very small with your hand, three Nutmegs sliced, one Race of Ginger, a large Mace or two, a little quantity of Salt, one spoonful of Wine-Vinegar, or

Rose Vinegar, one pound and three quarters of Sugar, a pint of Rhenish Wine, white-Wine, and the whites of fifteen Eggs well beaten; put all these to the Jelly, then set it on the fire, and let it seeth two or three walms, ever stirring it as it seeths, then take a very clean Jelly bag, wash the bottom of it in a little Rose-water, and wring it so hard that there remain none behind, put a branch of Rosemary in the bottom of the bag, hang it up before the fire over a Bason, and pour the Jelly-bag into the Bason, provided in any case you stir not the bag, then take Jelly in the Bason and put it into your bag again, let it run the second time, and it will be very much the clearer; so you may put it into your Gallipots or Glasses, which you please, and set them a cooling on Bay-Salt, and when it is cold and stiff, you may use it at your pleasure; if you will have the Jelly of a red colour, use it as before, only instead of Rhenish Wine use Clarret.

*To make Poor Knights.*

**C**UT two penny loaves in round slices, dip them in half a pint of Cream, or fair water, then lay them abroad in a Dish, and beat three Eggs and grated Nutmegs  
and

and Sugar, beat them with Cream, then melt some Butter in a frying-pan, and wet the sides of the Toasts, and lay them in on the wet side, then pour in the rest upon them, and so fry them, serve them in with Rose-water, Sugar and Butter.

*To make Shrewsberry Cakes.*

**T**AKE two pound of Flower dried in the Oven, and weighed after it is dried, then put to it one pound of Butter that must be laid an hour or two in Rose-water, so done, pour the water from the Butter, and put the Butter to the Flower with the yolks and whites of five Eggs, two races of Ginger, and three quarters of a pound of Sugar, a little Salt, grate your Spice, and it will be the better, knead all these together till you may rowl the Paste, then rowl it forth with the top of a Bowl, then prick them with a pin made of Wood, or if you have a Comb that hath not been used, that will do them quickly, and is the best to that purpose, so bake them upon Pye-plates, but not too much in the Oven, for the heat of the Plates will dry them very much, after they come out of the Oven you may cut them without the bowls of what bigness, or what fashion you please.

*To make Beef like red Deer to be eaten cold.*

**T**AKE a Buttock of Beef, cut it the long ways with the grain, beat it well with a Rowling-pin, then broil it upon the coals, a little after it is cold draw it through with Lard, then lay in some white-wine-Vinegar, Pepper, Salt, Cloves, Mace and Bay-leaves, the let it lie three or four days, then bake it in Rye-paste, and when it is cold fill it up with Butter, after a fortnight it will be fit to eat.

*To make Puffs.*

**T**AKE a pint of Cheese-curds and drain them dry, bruise them small with the hand, put in two handfuls of flower, a little Sugar, three or four yolks of Eggs, a little Nutmeg and Salt, mingle these together, and make them little, like eyes, fry them in fresh butter, serve them up with fresh Butter and Sugar.

*To make a bash of Chickens.*

**T**AKE six Chickens, quarter them, cover them almost with water, and season them with Pepper and Salt, and a good handfull

handful of minced Parsley, and a little white-Wine, when they are boyled enough, put six Eggs, only the yolks, put to them a little Nutmeg and Vinegar, give them a little walm or two with the Chickens, pour them together into a dish, and serve them in when you put on the Eggs and a good piece of Butter.

*To make an Almond Caudle.*

**T**Ake three Pints of Ale, boyl it with Cloves, Mace, and sliced bread in it, then have ready beaten a pound of blanched Almonds stamped in a Mortar, with a little white-Wine, then strain them out with a pint of white-Wine, thicken your Ale with it, sweeten it as you please, and be sure you skim the Ale when it boyls.

*To make scalding Cheese toward the latter end of May.*

**T**Ake your Evening Milk and put it into boulds or earthen pans, then in the Morning fleet off the Cream in a bould by it self, put the fleet Milk into a Tub with the Morning Milk, then put in the nights Cream, and stir it together, and heat the Milk, and put in the Rennet; as for ordinary new Milk  
Cheese,



Cheese, it is to be made thick: when the Cheese is come, gather the Curd into the Cheese-cloth, and set the Whey on the fire till it be seething hot: put the Cheese in a Cloth into a Keiler that hath a waste in the bottom, and pour in the hot Whey, then let out that and put in more till your Curd feel hard, then break the Curd with your hands as small as you can, and put a handfull of Salt to it, then put it in the Fat, turn it at noon and night, and the next day put it into a Trough where Cheese is salted every day, and turn it as long as any will enter, then lay it on a Table or Shelf all Summer; if you will have it mellow to eat within a year, it must be laid in Hay in the Spring; if to keep two years, let it dry on a Shelf out of the wind all the next Summer, and in Winter lay them in Hay a while, or lay them close one to another; I seldom lay any in Hay, I turn and rub them with a rotten cloth, especially when they are old, once a week lest they rot.

*To Pickle Purslane.*

**T**AKE Purslane, stalks and all, boyl them tender in fair water, then lay them drying upon Linnen cloths, then being dryed, put them into the Gally-pots, and cover,

ver them with Wine-Vinegar mixed with Salt, and not make the pickle so strong as for Cucumbers.

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*Receipts added.*

The best and easiest ways  
now in use for dressing  
Fresh-water-fish; Collected  
from the ablest Cooks.

*The best way of dressing a Trout.*

**W**ASH the Trout, and dry him with a clean Napkin, then open him, and having taken out his Guts, and all the Blood, wipe him very clean within, but wash him not, and give him three Scotchies with a Knife to the bone, on one side only. After which take a clean kettle, and put in as much hard stale Beer (but it must not be flat or dead.) Vinegar and a little white-Wine and water, as will cover the Fish you intend to boyl, then throw into the liquor a good quantiry of Salt, the rind of a Lemon, a hand-ful

ful of sliced Horseradishroot, with a handsome little faggot of Parsley, Rosemary, Thyme, and Winter-savory. Then set your kettle upon a quick fire of Wood, and let your liquor boyl up to the height, before you put in your Fish; and then put them in one by one, that they may not so cool the liquor, as to make it fall; and whilst your Fish is boyling, beat up the Butter for the Sauce with a little of the liquor, and being boyled enough, immediately pour the liquor from the Fish, and being laid in a Dish, pour your Butter upon it, and strewing it plentifully over with shaved Horseradish, and a little poudred Ginger; garnish the sides of the Dish, and the Fish it self with a sliced Lemon, and serve it up. In the same manner you may dress Grayling, Carp, Bream, Roche, Pike, Pearch, and Salmon; only they are to be Scaled, which a Trout never is, and that must be done very lightly and carefully, with a Knife; also a Pike may be thus dressd, the slime being first well scoured off with water and Salt. So likewise may a Pearch be dressd, but before you pour on the Sauce, blanch off the Pearches skin.

*To dress Trouts the common way.*

**F**irst with a Knife gently scrape all the slime off them, then wash them in Salt and Water, then Gut them, and wipe them very clean with a Linnen Cloth, then flower them with wheat flower, and fry them very well in sweet Butter, until they be brown and crisp, then take them out of the Frying-pan, and lay them on a Pewter Dish very well heated before the fire; then pour off the Butter the Trouts were fryed in, into the Grease-pot, and not on the Fish; then fry good store of Parsley, and young Sage in other sweet Butter, until they be crisp, then take out the Herbs, and lay them on the Fish; then beat up some other sweet Butter, with three or four spoonfuls of boyling hot Spring-water (an Anchovie being first therein dissolved, if you can easily have them) and pour it on the Fish, and serve it up, garnishing your Dish with Strawberries, Parsley, or other green Leaves.

This is the way to fry Grayling, Pearches, small Pikes, or Jacks, Roche, and Gudgeons, their Scales being first scraped off. And you may thus fry small Eels, after they are flead, gutted, wiped clean, and

and cut into pieces of four or five Inches long. You may also fry this way Pearches, and small Pikes, &c.

You may also this way fry pieces of Salmon, or a Chine of Salmon.

*To stew Salmon or other Fish.*

**D**Raw the Salmon, Scotch the back, put it whole or in pieces into a stew-pan, and put some Beer Vinegar to it, white-Wine and Water, as much as will cover it; put also to it some whole Cloves, large Mace, sliced Ginger, a Bay-leaf, a bundle of the tops of Rosemary, Thyme, sweet Marjoram, Wintersavory, and pickt Parsley, some whole Pepper, Salt, Butter, and an Orange cut in halves, stew all leisurely together, and when enough dish them with carved sippets, lay on the Spices, and sliced Lemon, run it over with Butter, beaten with some of the liquor it was stewed in, garnish the Dish with searfed Manchet, &c. Thus you may stew any other Fish, as Carp, Pike, Bream, &c.

*How to dress a Chub.*

**F**irst scale him, and then wash him clean, and take out his Guts, and to that end

end make the hole little, and as near to his Gills as you can, and make clean his throat; then put some sweet Herbs into his Belly, and then tye him with two or three splinters to the Spit, and roast him, basted often with Vinegar, or Verjuice and Butter, with good store of Salt mixt with it. This way drys up the fluid watery humor with which all Chubs do abound. A Tench may be thus drest likewise.

*Another way to dress a Chub.*

**W**Hen you have scalded the Chub, and cut off his Tail and Fins, and washed him clean, then slit him through the middle, then give him three or four cuts or scotches on the back with your Knife; and broyl him on wood coal; and all the time he is broyling, baste him with sweet Butter and good store of Salt mixt with it; and a little Thyme shred very small. Drest in this manner, the watery taste is taken away; for which many except against him. Note; that no Fish should be washt after they are Gutted.

*Another way to dress a Chub.*

**S**ET a Kettle over the fire with some Beer Vinegar and water, so much as will cover the Fish, and therein put Fennel, and good store of Salt, and when the water boyls put in the Chub, being first Scalded, Gutted, and Throat made clean, and when boyled enough take him out, and lay him on a board to let him drain, and after an hours lying thus, pick all the fish from the bones, and lay it on a Pewter Dish, which set on a Chafindish of Coals, and put good store of Butter to it, which when the Fish is very well hot, serve it up, and eat it as minced Veal.

*The best way to boyl or stew a Carp.*

**T**AKE a Carp (alive if possible) scour him, and rub him clean with water and Salt, but Scale him not, then open him, and put him with his Blood and his Liver (which you must save when you open him) into a Pot or Kettle, then take sweet Marjoram, Thyme and Parsley, of each half a handful, a sprig of Rosemary and of Wintersavory; tye them up into two or three small bundles, and put them

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to your Carp, with four or five whole Onions, twenty pickled Oysters, and three Anchovies ; then pour upon your Carp as much Claret-Wine as will cover him ; season it well with Pepper and Salt, Cloves, bruised Mace, sliced Nutmeg, and the rinds of Oranges and Lemons, then cover the pot, and set it on a quick fire till it be sufficiently boyled, then take out the Carp, and lay it with the broth in a Dish, and pour upon it a quarter of a pound of good fresh Butter, melted and beaten with half a dozen spoonfuls of the broth, the yolks of three or four Eggs, and some of the Herbs shred, or a little fresh Parsley shred very small ; garnish the Dish with Lemons, and so serve it up. If you will not be at the charge of the Wine, you may put Syder, and for want of that, Wine and water and good Beer Vinegar, and water will serve very well instead of the Claret, you may also omit the pickled Oysters and Anchovies, and it will, notwithstanding such omissions, eat very well.

In the same manner you may dress other Fish, only you must for others omit the blood and liver : As Pike, Bream, Trout, Pearch, Grayling, &c. those that have scales being scaled, and put them into the liquor. before it boyls.

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The common way of boyling Fish, is, to draw, scale, and wipe them clean, and then to set a Kettle over the fire with water and Beer Vinegar, so much as will cover the Fish, with good store of Salt and sweet Fennel, and when the liquor boyls up, put in the Fish, and when boyled enough, lay the Fish upon a Cullender to drain the water off, then lay them on a hot Pewter Dish, and serve them up with beaten Butter, and some shred Parsley boyled by it self.

*To fry Eels.*

**F**irst flea him, gut him, and wash him clean, then cut him into lengths of three or four Inches a piece, then set a skillet with water over the fire, and let it boyl, putting in it good store of Salt and some Fennel or Rosemary; when it boyls, put in the pieces of Eel, and let them therein be almost half boyled, then take them out, putting them into a Cullender, then flower and fry them as you are instructed to fry a Trout.

*The best way of dressing a large Eel.*

**F**irst wash him in water and Salt, then flea off his skin below his Ven or Navel, and not much farther ; then take out his Guts, as clean as you can, but wash him not, but wipe him clean with a Linnen Cloth, and then give him three or four scotches with a Knife, then take sweet Marjoram, Wintersavory, stripped Thyme, and picked Parsley, an Anchovie, shred them all very small, and put them into his belly, and those scotches, mixing with them Butter and Salt ; then pull his skin over him again, except the head which must be cut off, then tye the skin with a pack-thread to keep in all his moisture ; then tye him to a Spit, and roast him leasurely, and baste him with Salt and Water, till his skin breaks, and then with Butter ; and when roasted enough, mix what was in his belly with beaten Butter for the sauce. If you omit the Anchovie, yet the Eel will eat very well.

*To roast eiber smaller Eels.*

**F**lea, Gut, and wipe them clean, and cut them in pieces four or five Inches long,

long, put them on a small Spit cross-ways, and between each piece put some large Sage-leaves, or Bay-leaves; then roast and baste them, and when enough, serve them up with Butter beaten up in three or four spoonfuls of boyling water, and the yolk of an Egg or two, if you like it.

*Spitch-Cock, or broyled Eels.*

**T**AKE a large Eel, split it down the back, and joynt-bone, being drawn, and the blood washed out, leave on the skin, and cut it in four pieces equally, Salt them, and baste them with Butter; broyl them on a soft fire, and being finely broyled, serve them on a clean Dish with beaten Butter.

*Stewed Eels.*

**F**LEA, draw, and wipe them clean, and cut them in pieces, three or four Inches long; put them into a Posnet or Skillet with fair water, a little white-Wine, Verjuise or Beer Vinegar, as much as will well cover them, put in some Butter, large Mace, Pepper, Currans, Salt, two or three Onions, and a bundle of sweet Herbs; stew all these together leasurely, till the Fish be  
very

very tender, then beat some Butter with the broth, and having dished the Eels, pour it on them with Sippets.

In the like manner you may stew them in an Oven in an earthen pot or pan, setting the pieces on the end in the pot.

*To Coller Eels.*

**T**AKE large Eels, draw and wipe them clean, then part them down the back bone, then take Thyme, Parsley, sweet Marjoram, and a little of the tops of Rosemary, mince them small, and mingle them with Nutmeg, Ginger, Pepper, and Salt; then strew them on the inside of the Eels, then rowl them up like a Collar of Brawn, and put them in a clean linnen Cloth tied at both ends, and boyl them tender with Beer-Vinegar, Water and Salt, but let the Liquor boyl before you put in the Eels; when boyled enough take them out of the liquor, and let them and the liquor be cold, then put them in again, and you may keep them therein three or four days or more, and you may serve it either in Collars, or in round Slices with Sawcers of Vinegar.

Note, that whensoever you do Butter for Fishes Sawce, let it be very well beaten up with three or four spoontuls of boyl-  
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ing Spring-water, and if you desire it to be thick, beat the yolk of an Egg therewith, and if you desire the sauce to be better relished than ordinary, put an Anchovie in the water, and let it dissolve before you beat up the Butter, or boyl Parsley by it self and shred it, and beat it up with the Butter and Water, and it's a good Sauce.

*To make a very good Oatmeal-Pudding.*

**T**AKE a pint of Milk, and put into it a pint of middling Oatmeal; let it stand upon the fire until it be scalding hot, then let it stand by, and soak about half an hour; then pick a few sweet herbs and shred them, and put in half a pound of Currans, and half a pound of Suet, and about two spoonfuls of Sugar, and three or four Eggs. These put into a bag and boyled do make an Excellent Pudding.

*To make a very good baked Oatmeal Pudding.*

**T**AKE a quart of Cream, and make it scalding hot, then put into it half a pint of midling Oatmeal; let it stand all night close covered, then take a good handful

ful of Penny-royal, shred it very small, with a pound of Beef-suet, and half a pound of Raisins of the Sun, some Sugar and Spice, four or five Eggs, two whites away. So bake it three quarters of an hour.

*The best way of boyling Spinage to preserve all its juyce and substance.*

**A** Lady of great Quality boyled Spinage thus : The Spinage being washed and drained, put it into a Pipkin, and cover it close. Set this Pipkin into a Kettle of water, and boyl it; the Pot or Pipkin must not stand so deep in the water that any water may get into it; neither must you put any water with the Spinage, but dry by it self, and the water boyling in the Kettle will make the Spinage soft and tender, for it stews in its own juyce; and you shall preserve its green juyce and substance, which you lose when you boyl it in water.

I think the best way of boyling it would be in a Tin Box, with a cover that shutteth just so that no water can get into it, then put this Box stuffed as full as you can into a Kettle, or into the Pot wherein you boyl your Beef, like a Pudding-Bag.

I think green Pease might be boyled in the same manner.

*The best way to beat up Butter for Spinage, green Pease, or for Sauce for Fish.*

**T**AKE two or three spoonfuls of fair water, put it into a Pipkin or Sauce-pan; there must be no more than even to cover the bottom of the Pipkin; make this boyl by it self, as soon as it doth so, put into it half a pound of Butter, and when it is melted take it from the fire, and holding the handle in your hand shake it round a good while, and strongly, and it will come to be thick, that you may almost cut it with a Knife. Then squeeze juyce of Lemon into it, or Orange, or Verjuyce, or Vinegar, and heat it again as much as you please upon the fire. It will ever after continue thick, and never again upon any heating grow Oyly, tho' it be cold and heated again twenty times, if you boyl Pease or Spinage the ordinary way, or Fish, you may take some of their Liquor.

Put of this Butter to boyled Pease in their Dish, which cover with another, so shake them very strongly, and a good while together. This is by much the best way to  
Butter

Butter Pease, and not let the Butter melt in the middle of them, for that will grow Oily if you heat them again: The other never; and therefore it is the best way upon all occasions to make such thickned melted Butter.

*To boyl a Gammon of Bacon, or any Salted Flesh, and banged in the Smoak, as Neats Tongues, and Hogs Cheeks, &c.*

**P**ut into the Kettle of water to boyl with them, three or four handfuls of Hay Flower, or Hay only, if you cannot get the Flower; tie it up loosely in a bag of coarse Cloth. This maketh it much Tenderer, Shorter, and Mellowe, and of a finer Colour.



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